



SWITCHING TRACKS

Ottawa's LRT will chug ahead, but Baird's resignation will leave a hole in his party and riding. Page 3.

Maguire, 2 others charged in terrorism probe

RCMP investigation. Accused man's defence lawyer says police disclosed more to media than to him

SEAN MCKIBBON &
LUCY SCHOLEY
ottawa@metronews.ca

The RCMP have arrested Awso Peshdary, 25, and charged him with a number of terrorism-related offences including conspiring with John Maguire, a former University of Ottawa student who made headlines with a video supporting ISIL and warning of, and encouraging, further attacks on Canada.

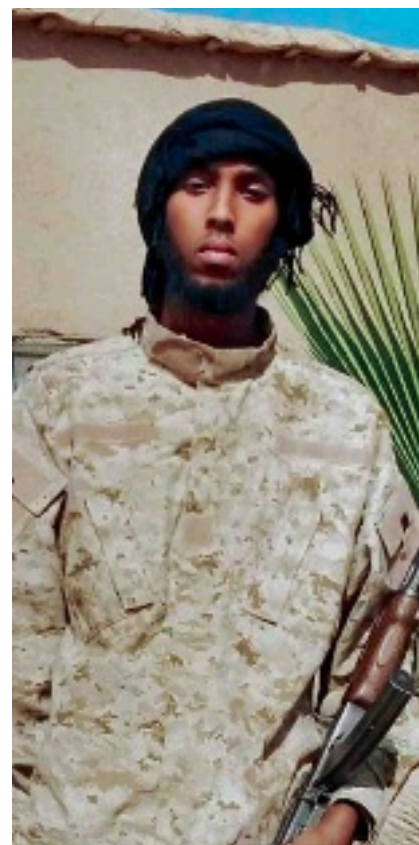
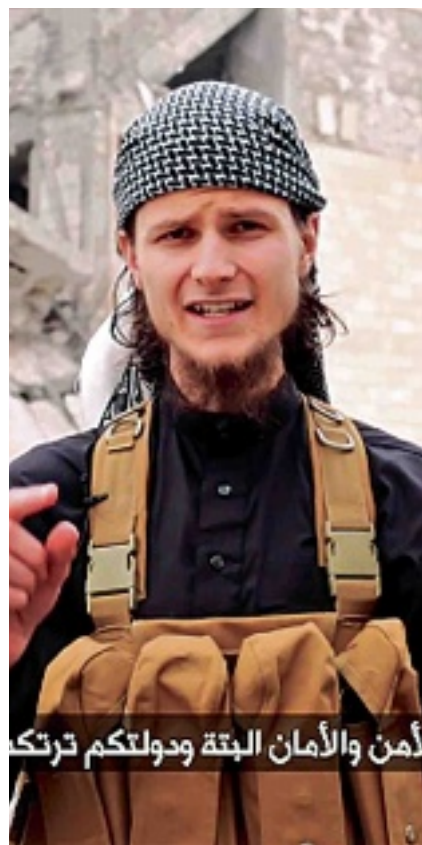
Peshdary is in police custody and is to appear in a bail court in Ottawa Wednesday. He is facing charges of participating in, conspiring to participate in and facilitating the activity of a terrorist group.

Maguire — believed to be overseas — is charged with facilitating an activity for a terrorist group and conspiring to participate or to contribute in an activity of a terrorist group.

Khadar Khalib, 23, who is also believed to be overseas, is charged with leaving Canada to participate in, counselling a person to participate in and conspiring to participate, or to contribute in an activity of a terrorist group.

"These charges speak to our ability to tackle a threat that is multifaceted and constantly evolving," assistant RCMP commissioner James Malizia said in a statement.

"Through collaborative efforts with our partners, we were able to disrupt an or-



RCMP have laid terrorism-related charges against three men. Awso Peshdary, left, is in police custody. Police believe John Maguire and Khadar Khalib are overseas and the charges were laid in absentia. Despite reports Maguire was killed while fighting with ISIL, police say they have no evidence to substantiate that. POLICE HANDOUT IMAGES

ganized network associated with (ISIL). This network was involved in recruiting individuals for terrorism purposes and in sending them into Syria and Iraq for the benefit of this terrorist group."

News of Peshdary's arrest was released at a news conference in Ottawa Tuesday afternoon.

Despite reports that Maguire had been killed in fighting in the Middle East, RCMP

say they have no information to substantiate those reports.

Maguire travelled to Turkey in 2012 and is now a member of ISIL, say police. Peshdary allegedly wanted to travel with him and the two stayed in touch.

Peshdary's defence lawyer Richard Morris slammed the RCMP's disclosure, saying they revealed more information to the press than they did to him.

He said he received a phone call that his client had been arrested and was read four charges over the phone but given no other information about the case.

"I asked them, 'Is there anything else you can tell me?' and they said no. Twenty minutes later, I get a call for a colleague saying there's going to be a press conference," Morris told Metro. "It seems to me they are more inter-

ested in spinning this to the public than guaranteeing the constitutional rights of my client."

Morris said he tried to attend the news conference, but was barred from entering by the RCMP.

"They told me that it was a media event and (they) were not admitting the public," said Morris.

Morris said this is the second time he's seen police

disclose more to the public than they did to defence lawyers.

When Ottawa twins Ashton Carleton Larmond and Carlos Honor Larmond, 24, were arrested, Morris said he got the initial call, before handing the case over to Joseph Addelman. Morris said that in that instance, police also claimed they had nothing more to say about the charges and then spilled more details at a news conference.

RCMP say the twins knew the three recently accused men through a "complex network," but would not say whether there are spinoff investigations underway.

Peshdary was previously swept up in a separate national security investigation in August 2010 and was among four men arrested in connection with an alleged terror cell probe.

He was ultimately released on bail and never charged in that case with anything terror related, although he was charged with domestic assault — later acquitted after a trial according to Morris.

RCMP arrested Peshdary Aug. 27 after having bugged his apartment for several months as part of the so-called Project Samosa home-grown terrorism investigation that led to the arrest of Hiva Mohammad Alizadeh, 30, Misbahuddin Ahmed, 26, and Dr. Khurram Syed Sher, 28, in London, Ont.

Sher was found not guilty after a trial last year and Alizadeh pleaded guilty in September, receiving a 24-year sentence. Ahmed was found guilty after a trial and sentenced to 12 years in jail.

WITH FILES FROM THE CANADIAN PRESS AND TORSTAR NEWS SERVICE

Exclusively ours
CLINIQUE Spring Gift

FREE: Receive a 7-piece gift with any CLINIQUE purchase of \$31 or more. An \$85 value.*

GIFT INCLUDES:

- New Repairwear Sculpting Night Cream, 15 mL
- Dramatically Different Moisturizing Lotion+, 30 mL
- Rinse-Off Foaming Cleanser, 30 mL
- Choice of Eye and Lip Colour in Nude or Pink colour collections
- High Impact Mascara in black, 3.5 mL
- Exclusive cosmetics bag

February 4 to 18, 2015



MAY WE SUGGEST:

New CLINIQUE Smart Custom-Repair Serum

New Clinique Smart serum uses a patented formula to custom repair skin as needed, where needed, to help deal with uneven skin tone, lines and wrinkles or firming. 30 mL, \$69; 50 mL, \$99



Choose your lip and eye colour

HUDSON'S BAY

SHOP THEBAY.COM    

*Before taxes. Quantities limited. One gift to a customer. Values are based on our per mL and/or g price for regular-sized products.

Facts and figures

John Baird: A career snapshot

Five things you may not know about John Baird:

- While environment minister in 2007, Baird helped deliver the death knell to the Kyoto agreement on reducing greenhouse-gas emissions.
- Baird sparked a diplomatic fury in 2009, when he sent a text to a friend that read: "Thatcher has died." It was Baird's beloved tabby cat, Thatcher, who had died.
- REAL Women of Canada accused Baird of an "abuse of power" for criticizing anti-gay legislation in Uganda, Kenya and Russia.
- He's nicknamed Rusty.
- Baird became a Tory in his teens and was arrested in 1988 for heckling Premier David Peterson.

Baird's local influence:

- Ottawa Convention Centre (now named the Shaw Centre): In 2007, Baird committed \$50 million in federal funding to revamp the former Ottawa Congress Centre.
- Recreation funding: \$13.5 million in upgrades to city recreation facilities in 2009, including the Rideau Canoe Club and the Ottawa Splash Wave Pool (the province committed another \$13.5 million).
- National Arts Centre: Late last year, Baird helped secure funding for the \$110-million NAC redevelopment.
- Baird is said to have brokered the allocation of Experimental Farm land for an expansion of the Ottawa Hospitals Civic Campus.
- The Ottawa River Action Plan: He has announced his support for a \$195-million river cleanup project.

THE CANADIAN PRESS



Foreign Affairs Minister John Baird rises in the House of Commons Tuesday in Ottawa to announce he will step down from his position.
ADRIAN WYLD/THE CANADIAN PRESS

Ottawa will steam ahead on LRT without Baird: Mayor

Transit. Watson lauds departing Ottawa West-Nepean MP's work on behalf of city



LUCY SCHOLEY
lucy.scholey@metronews.ca

Ottawa's western light rail negotiations will carry on, "business as usual," despite MP John Baird's resignation from cabinet, says the mayor.

Baird, the minister responsible for the National Capital Commission (NCC), announced on Tuesday that he would be stepping away from cabinet duties, including his Foreign Af-

fairs portfolio.

"Last night, I spoke to the prime minister and informed him that I was standing down from cabinet," Baird told a hushed House of Commons Tuesday. "I will miss this place very much and many of the people in it, on all sides, but the time has come for me to start a new chapter in my life."

Baird said he has no plans to run for re-election and will surrender his seat — he represents the Ottawa riding of Nepean — in the coming weeks.

Trade Minister Ed Fast will stand in for Baird at Foreign Affairs, a portfolio that became a surprise vote-getter for a Conservative prime minister who showed little interest in it when he took office nine years ago.

The news comes about a month away from the end of the Ottawa West-Nepean MP and the mayor's 100-day agreement to renegotiate the western light rail transit route.

But Jim Watson said that agreement still stands.

"The government very much was supportive of the 100-day process, not just John and I," the mayor told reporters on Tuesday. "So my belief is that that process will carry on, and we're very much looking forward to coming up with something that is going to work for all parties."

It's NCC and city staffers who are so far doing the "heavy lifting" on the project, noted Watson.

The western light rail tran-

sit plan reached an impasse late last year after the NCC scrapped the city's partially covered route along the Sir John A. Macdonald Parkway.

The NCC is instead pitching a fully underground tunnel or a route from Dominion Station to Rochester Field and Richmond Road.

Watson said he and Baird have not always been on the same page when it comes to city issues, but he still praised his federal colleague for his work on city projects.

"I admire the fact that he's always been a strong defender for his community and I think we've seen that in spades," said Watson.

"I wish him well on the next stage of his life."

1 NEWS



ByWard Market Blizzard!

Snow'Art – Snow Sculptures

FRIDAY, JAN. 30 to MONDAY, FEB. 16

24th Annual Winterlude Stew Cook-Off

FRIDAY FEB. 6, 2015 • 11:30AM - 2PM • 55 ByWard Market Square

Over 3,100 parking spaces available!

For more ByWard Market Blizzard events: byward-market.com



Ottawa

Ontario

Budget. Taxpayers can expect a 'progressive and affordable' 2015: Mayor

If this year's budget has a tagline, it will likely be "progressive and affordable."

Those are the words Mayor Jim Watson used to describe the budget on Tuesday, a day before it was set to be tabled.

Like in his election campaign, Watson is promising no more than a two per cent increase to the property tax rate. But he also said public services will be maintained.

"You're not going to see any kind of slashing and burning approach," he said. "I think you've seen the last four budgets are pretty much steady as she goes."

The Ottawa Police Servi-

Quoted

"You're not going to see any kind of slashing and burning approach. I think you've seen the last four budgets are pretty much steady as she goes."

Mayor Jim Watson

ces Board will first table its budget at 8:30 a.m. on Wednesday, followed by a special meeting of city council and lastly the transit commission.

LUCY SCHOLEY/METRO



Mayor Jim Watson. METRO FILE

Car accident

Police name Highway 401 crash victims

Ontario provincial police have identified two men killed in a collision on Highway 401 in the Township of Stormont Dundas and Glengary. Driver Robert Springer, 54, of Cornwall and his passenger Daniel Figura, 22, of Dollard-Des-Ormeaux, Que., died when an eastbound tractor trailer crashed into them. The truck driver sustained non-life-threatening injuries, police say. **METRO**

Wildlife

Horse attacked days after coyote sightings

Three days after warning of a coyote sighting in the Greenbelt area of Woodroffe Avenue, the National Capital Commission (NCC) reported a horse had been attacked by "wildlife."

The NCC said members of the public should call the commission's emergency line at 613-239-5353 if they see an animal "behaving in a way that could put the safety of people or pets at risk." **METRO**



A design rendering of the planned nine-storey student housing development on Laurier Avenue E. and Friel Street. COURTESY CITY OF OTTAWA

OMB overturns city's student-housing vote

University residence.

Provincial board overrules council's March 2014 decision, paving the way for the Sandy Hill project



LUCY SCHOLEY
lucy.scholey@metronews.ca

Sandy Hill will get a controversial nine-storey student-housing building after all.

The Ontario Municipal Board (OMB) gave the 180-unit building a stamp of approval last week after developer Viner Assets appealed council's decision to nix the plan.

Mayor Jim Watson said on Tuesday he was disappointed in the OMB ruling.

Quoted

"I think council made the right decision, but we have to accept the OMB's decision and move forward. My hope is that it does blend in with the community."

Mayor Jim Watson, on the student housing to be built on Laurier Avenue E. near the University of Ottawa

ing.

"I think council made the right decision, but we have to accept the OMB's decision and move forward," he said. "My hope is that it does blend in with the community. I just felt that it was too intense and too high for Laurier Avenue."

The mid-rise, mixed-use building will sit on the corner of Laurier Avenue E. and Friel Street, near the University of Ottawa. It will have a fitness centre, student amenity area, underground

parking and commercial space on the ground level for a café or restaurant.

Six existing buildings would need to be demolished for the plan.

The project also needs a zoning change to allow for the mid-rise building in a low-rise neighbourhood.

In March, council members voted against the project 14-9. It was a surprising move, given that the planning committee had recommended it be approved.

During the OMB hearing

last October, there were arguments that the taller building would threaten the heritage character of the neighbourhood. However, the OMB ruled that only one building in the vicinity has heritage designation. It will not be impacted by the development.

Further, the Viner building will be compatible with the neighbourhood, which has several mid-rise buildings in the surrounding area, reads the decision.

The new building will accommodate more than 600 students.

"This is an appropriate development close to the University of Ottawa in what is considered to be a downtown neighbourhood with access to a wide range of amenities and services and proximity to employment," the decision reads.



ottawa eye clinic

YOUR VISION IS OUR NO.1 PRIORITY!

680 Montreal Rd. (at Aviation Parkway)

613.745.7844

www.ottawaeyeclinic.ca



Dr. Kevin Chavez, O.D.
OPTOMETRIST

COMPREHENSIVE EYE EXAMINATIONS
WALK-IN/EMERGENCY APPOINTMENTS
SERVICES IN ENGLISH, FRENCH, AND SPANISH



FREE PARKING



\$20 is all it takes to start
saving for a home addition.

Don't forget: The 2014
RSP deadline is Monday,
March 2, 2015.

Whether it's \$20 a week,
\$20 a day or even \$20 a pay,
it's easy to start saving.

\$20 can buy you a pizza. Or top up your gas tank. It can also start your home addition savings, or plan for your children's education. That's the beauty of saving with TD. With just \$20 a week, \$20 a day or even \$20 a pay, we can kick-start your savings. \$20 isn't a lot. But at TD, it can be the start of something big.

Visit a branch or
TDStartSaving.com



Banking can be
this comfortable.



Racial barriers present problem to minority lawyers: Law society

Equality. Legal professionals meet soon to discuss study

Some 40 percent of paralegals and lawyers who are members of visible minorities considered their race a barrier to success, according to a study released by the Law Society of Upper Canada (LSUC).

The report also found almost half of people of colour participants felt as though they needed to perform to a higher standard than their Caucasian counterparts.

Local lawyers and paralegals will gather in Ottawa on Thursday with the LSUC to discuss the barriers some face as a result of being members of a visible minority. The LSUC is meeting with lawyers throughout



Criminal defence lawyer Michael Smith, a partner with Langevin, Morris, Smith LLP, said he's disappointed, but not surprised by findings in a Law Society study revealing 40 percent of lawyers who are members of visible minorities consider their race a barrier to success because of prejudice. SOPHIE DESROSIER/FOR METRO

Ontario in hopes of finding a way to break down those barriers.

"A racial minority female lawyer was mistaken for an assistant or a translator in

court," said Toronto-based lawyer Raj Anand, a member of the board of directors

at the LSUC who was directly involved in the research paper.

Anand, who was once head of the Human Rights Commission, said a lot of the stereotyping is happening unintentionally.

He believes mentoring and training programs will be a big part of the solution.

Ottawa criminal defence lawyer Michael Smith of Langevin, Morris, Smith LLP, who is black, said he has never noticed racial stereotyping directed towards him, but he does acknowledge that it's a problem that requires a solution.

He agreed with Anand saying training will make a difference.

"I applaud the initiative taken by the Law Society," he said. "There is work to be done in that area."

He said the fact that 40 percent feel impacted doesn't surprise him.

"It disappoints me."

SOPHIE DESROSIER/FOR METRO

Heart and Stroke marks 60 years of progress

Heart attack patients were much less likely to survive 60 years ago, and if they did, the recovery time could be months. Now, Dr. Andrew Pipe, Chief of Division of Prevention and Rehabilitation with the University of Ottawa Heart Institute, says some patients can be treated within an hour and better within days.

"We've been dramatically successful in improving the ways in which we manage heart disease," Pipe said as he highlighted the progress revealed in the Heart and Stroke Foundation's 2015 Report on the Health of Canadians released on Tuesday.

February is Heart Month and to mark the official



Barre Campbell. CONTRIBUTED

launch, the foundation's report looks at the progress that has been made throughout the past 60 years in preventing, treating and caring for heart disease patients.

The foundation interviewed over a dozen of the country's top cardiovascular experts in hopes of better understanding how things have changed when it comes to heart disease. Pipe was one of them.

"(The report) examines the progress we've made

and the successes that have been accomplished," said Pipe.

Media manager with the Ottawa RedBlacks, Barre Campbell, is living proof of that progress.

Two years ago, Campbell suffered a heart attack and needed an emergency STEMI procedure. Campbell said without it, he wouldn't be here today. He credits his survival to improvements of the past 60 years.

The foundation has chosen Campbell as their survivor spokesman in Ottawa for the report. He said he is humbled to be considered for such an important cause.

"I have two young sons who automatically are at a higher risk for heart disease now that I've had a heart attack," he said. "It's heartwarming to know that organizations like these are increasing awareness about how Canadians can lead healthier lifestyles in order to diminish the risks of heart disease and heart attacks."

SOPHIE DESROSIER/FOR METRO



Students to ride see-saw for 100 hours

Members of Tau Kappa Epsilon fraternity and others in Ottawa's 'Greek' community pose in front of a see-saw at Carleton University's Unicentre atrium that members will be riding for 100 hours straight as a fundraiser for St. Jude's Children's hospital. The fraternity began the annual fundraiser three years ago to help a young Ottawa girl named Phoebe Rose who needed to travel to the hospital for specialized cancer treatment. The fraternity has raised several thousand dollars as a result of their effort. CONTRIBUTED

Quoted

"We've been dramatically successful in improving the ways in which we manage heart disease."

Dr. Andrew Pipe

Festival promotes city's music scene

Megaphono. Event aimed at changing people's image of Ottawa as a boring government town

SOPHIE
DESROSIERS
ottawa@metronews.ca

Local artists — some donning thick black eyeliner and skinny jeans — packed the council chambers Tuesday, coming together with city councillors and the mayor, all with one common goal in mind: amping up Ottawa's music scene.

"Ottawa suffers from this 'Oh we're a government town so therefore we must be boring' mentality and it's never been true," said Shawn Tavenier of local band Silver Creek. "It's not true now and it will never be true."

Enter Megaphono, designed to help connect Ottawa talent to outside agencies and labels.

"A bunch of people got together and decided that no-



Shawn Tavenier of local band Silver Creek says Ottawa has long been plagued by a false stereotype of being a boring town. He and other musicians hope the Megaphono music festival can build bridges with the recording industry and tear down the myths. SOPHIE DESROSIERS/FOR METRO

body's talking about Ottawa music the way they should,"

Tavenier told Metro. "In order to promote a scene you have

to get people talking. You have to bring them together."

Over the next few days, local artists will get a chance

to take part in networking events, discussion panels with special guests, and even perform at various locations throughout the city.

The presence of local councillors and Mayor Jim Watson surprised some of the attendees, including 25-year-old Ottawa R&B artist Nick Soru.

"The fact that we have the city behind us, supporting us, it means a lot," he said. "I'm very passionate about my city. I love it. To see it grow is a beautiful thing."

When Watson spoke, he said many cities use the arts as a way to save money. He is proud that Ottawa sees things differently.

"Each and every year in the last term, we've actually added close to a million dollars into the overall arts budget. We're one of the few cities that's seeing art funding increase," he said. "We see it as an investment."

Tavenier is excited for the future of music in Ottawa with Megaphono's launch.

"I think what they've done is really incredible."



Looking for work?
The Y can help.

Meet with many local employers at the
Employment Access Centre Job Fair and
explore available positions in service, trades,
public sector, health care and more.

Job Fair

Wednesday, February 11, 2015 | 1PM-4PM

Taggart Family Y, 180 Argyle Avenue

Pre-register online at ymcaywca.ca

There is no fee to participate.

For more information:
613-788-5001

EMPLOYMENT
ONTARIO

YMCA-YWCA of the
National Capital Region

Via Rail

Train derailment plot simple idea, terror trial hears

A plan to derail a train traveling between Canada and the U.S. was a “very simple” idea that would kill scores of people and pave the way for more acts of terrorism, the trial of two men accused in the alleged plot heard Tuesday.

The attack was characterized that way by Chiheb Esseghaier in an audio recording of a conversation he

had with an undercover FBI officer while the pair were on their way to meet his co-conspirator, Raed Jaser.

Jaser and Esseghaier both face multiple terrorism-related charges in the alleged Via Rail plot, which sought to target a train between New York and Toronto. Not-guilty pleas have been entered for both men.

The undercover officer who gained the pair's trust told their trial he first came to learn of the train plot while driving from Montreal to Toronto with Esseghaier to meet Jaser. **THE CANADIAN PRESS**

Devil's Brigade

U.S. Congress honours Canadian WWII vets

A group of Canadian veterans are being honoured with the United States' highest civilian award today.

The Second World War vets are in the U.S. Capitol for a celebration of their Congressional Gold Medal.

The award has been given to more than 40 surviving members of the Devil's Brigade — the legendary Canada-U.S. unit that is the

precursor to both countries' modern special forces.

Politicians told stories about their role in the liberation of Europe.

House Speaker John Boehner teared up during the presentation. Senate Speaker Mitch McConnell compared the skiing, swimming, parachuting, dynamiting elite unit to James Bond. After the ceremony, one Canadian vet, Charles Mann, said he didn't know about that James Bond comparison — he said they were simply trained pretty well and got the job done.

THE CANADIAN PRESS

Conditional discharge

Quebec union boss guilty of intimidation

A high-ranking Quebec union boss who was found guilty of intimidating a contractor has been granted a conditional discharge.

Bernard (Rambo) Gauthier was sentenced Tuesday at the courthouse in Sept-Iles, Que.

A Quebec court judge convicted Gauthier in December of intimidating construction entrepreneur

Frederic Boucher during a work conflict in June 2013.

The judge concluded that Boucher had grounds to fear for his safety after Gauthier paid him a visit.

The sentence will allow Gauthier avoid jail time, but he will have to abide by certain conditions.

He will also be able to keep his union position.

Gauthier's name surfaced during Quebec's corruption inquiry as the commission heard about threats and extortion on the province's North Shore.

THE CANADIAN PRESS

Measles virus makes return

Health. Some parents don't believe vaccines are safe or necessary and aren't persuaded by the scientific evidence

Between the Disneyland outbreak and this week's revelation that measles has popped up in Toronto, a virus that Canada and the United States wiped out over a decade ago is firmly back in the news.

The measles virus has not circulated in either country since the late 1990s.

When the virus is detected it means it's been imported — by a resident who contracts measles while travelling, or an infected person visiting the country. Then the highly contagious virus can spread among those who are not immunized.

What is behind the apparent recent increase in measles activity?

The U.S. had more measles cases in January (102) than it had in most entire years between 2001 and 2010. Canada has recently had several large outbreaks too, one involving 678 cases in Quebec in 2011 and another of over 400 last spring in British Columbia.

Why, when there is an effective — and free — vaccine available to all Canadian kids, are children and adults still coming down with a nasty disease that can progress to pneumonia, trigger brain damage or deafness and even death?

The fundamental answer is that some parents don't vaccinate their children. But what is really driving multi-case outbreaks is clustering, experts suggest.

Health authorities have a pretty clear picture of the people who refuse the measles vaccine.

A very small number can't safely be inoculated because of problems with their immune systems.

Some parents refuse to vaccinate for religious reasons, including members of fundamentalist protestant churches with ties to several European countries. Last year's B.C. outbreak started when someone from such a church returned from the Netherlands while infected and started a chain of transmission that led to more than 400 cases among families in the Lower Mainland.

Some parents — sometimes called anti-vaxxers — object to some or all vaccinations on philosophical grounds. They don't believe vaccines are safe



Miami Children's Hospital pediatrician Dr. Amanda Porro administers a measles vaccination to Sophie Barquin, 4, as her mother Gabrielle Barquin holds her during a visit to the Miami Children's Hospital on Jan. 28 in Miami, Florida.
JOE RAEDLE/GETTY IMAGES

or necessary and aren't persuaded by the mountains of scientific evidence that support vaccine use.

They're generally well edu-

cated, but are distrustful of conventional medicine and the pharmaceutical industry. They tend to believe they can protect their children better using

alternative medicine, says Dr. Kumanan Wilson of the Ottawa Hospital, who has done a lot of research into vaccine refusal.

“The unvaccinated children are unvaccinated, I would say, in the vast majority of cases by choice — by parental choice — and not by negligence,” says Dr. Gaston De Serres, an infectious diseases epidemiologist with Quebec's provincial public health agency.

Dr. Shelley Deeks of Public Health Ontario says for the 2012-13 school year, 1.5 per cent of seven-year-old kids in the province were not vaccinated against measles for religious or philosophical reasons, and 0.16 per cent were exempted for medical reasons.

But that doesn't mean 98 per cent of Ontario's seven-year-old children were fully vaccinated against measles. Deeks says 88.3 per cent of seven-year-old kids had received the recommended two doses of measles-containing vaccine that year.

Some of the other children probably received only one dose.

Measles is highly contagious and in unvaccinated populations each person with the virus will infect, on average, 16 to 18 others. So high vaccination rates — 95 per cent and up — are needed to block measles transmission and achieve herd immunity.

THE CANADIAN PRESS

Montreal imam rejects claim he's a radical agent

The Montreal Islamic preacher denied a permit to open a community centre says he's being unfairly demonized and rejects accusations he's inciting violence and hatred.

Hamza Chaoui said Tuesday in a posting on his Facebook page that he “categorically refutes” claims made against him by city officials.

Montreal Mayor Denis

Coderre said Saturday that the imam was an “agent of radicalization” who had the potential to influence youth to commit acts of violence.

Real Menard, the local borough mayor, denied a permit to Chaoui, who'd hoped to open an Islamic community centre in the area.

Although Chaoui had

not formally applied for the permit, the city made a preemptive decision to deny it for security reasons, in response to published reports about him.

Chaoui is a Moroccan-born imam who has described Islam and democracy as “completely” incompatible and has made statements deemed homophobic

and sexist.

But Chaoui said those comments about homosexuals and women were “taken out of context,” adding that the subject of his sermons are based in Islamic texts, which are similar to the teachings of Christianity and Judaism.

“I have never incited hatred or violence,” Chaoui

wrote. “On the contrary, I have always encouraged youth to integrate harmoniously into Quebec society, to respect the law and to never use violence as a means of conflict resolution.”

Chaoui said he is considering suing the mayor for defamation and for what he calls a violation of his charter rights.

Quebec Premier Philippe Couillard on Tuesday reiterated his support for the city's decision to deny Chaoui a permit.

“I will repeat for Quebecers that we welcome people from all around the world,” Couillard said. “But the security of Quebecers will be always our top priority.”

THE CANADIAN PRESS

Gaza war. Canadian chief resigns from rights probe

Israeli Prime Minister Benjamin Netanyahu on Tuesday called for scrapping a UN commission tasked with investigating potential war crimes last summer in Gaza, after the inquiry's chief resigned amid accusations of bias.

Netanyahu said the commission is an "anti-Israeli body" that has a proven track record of doing nothing about true human-rights violations.

At least 1,483 Palestinian civilians were killed during the summer war between Israel and Hamas — 66 per cent of the overall death toll — according

to preliminary UN figures.

The UN commission chief, Canadian law professor William Schabas, resigned Monday night, according to a spokesman for the UN Human Rights Council. Schabas acknowledged receiving \$1,300 for a legal opinion he wrote for the Palestine Liberation Organization in 2012 but said it was of a "technical legal nature" drawn from scholarly work he had published. He said he was resigning to avoid any distractions while the commission finished its "decisive stage" of work. **THE ASSOCIATED PRESS**

Crime

Man faces up to 20 years in prison for revenge-porn site

A San Diego man has been convicted of running a "revenge porn" website where people posted nude pictures of their ex-lovers, who then had to pay the man to take down the images.

The victims' names, cities where they lived and other information such as links to their Facebook profiles also were posted.

Kevin Bollaert, 28, was found guilty Monday of 27 counts, including identity theft and extortion, and faces up to 20 years in prison.

It was believed to be the first conviction of a revenge-porn website operator.

THE ASSOCIATED PRESS

Easier to join ISIL than to leave, defectors find

Terrorism. Recruits from foreign lands find life far more austere, violent than expected

In Tunis, Ghaith stands furtively on a street corner, his face masked by a hoodie, his tense eyes scanning the crowd for any hint of Islamic State of Iraq and the Levant (ISIL) militants.

He chain-smokes as he describes the indiscriminate killing, the abuse of female recruits, the discomfort of a life where meals were little more than bread. He recounts the knife held to his throat by fellow fighters who demanded he recite a particular Quranic verse to prove himself.

"It was totally different from what they said jihad would be like," said Ghaith, who asked to be identified only by his first name. Ghaith eventually surrendered to Syrian soldiers.

ISIL immediately removes recruits' passports and identity documents to prevent them from leaving. The Syrian Observatory for Human Rights says ISIL has killed 120 of its own members in the past six months, most of them foreign fighters hoping to return home.

Even if they manage to get out, former fighters are considered terrorists and security risks in their own countries. France has detained more than 150 returnees and says about 3,000 need surveillance. Britain has arrested 165 returnees, and Germany considers about 30 of its 180 returnees extremely dangerous.

Another Tunisian recruit, Ali, escaped after he was made a courier in the winter of 2013.

"I feel like I was a terrorist; I was shocked by what I did," said Ali. His advice for would-be jihadis: "Go have a drink. Don't pray. It's not Islam. Don't give your life up for nothing."

THE ASSOCIATED PRESS



Ibrahim Daghri (not the man mentioned in the accompanying story) smokes in his neighbourhood of Mhamdiya near Tunis, Tunisia, in December as he talks about how his friends went to fight in Syria. **PAUL SCHEMM/THE ASSOCIATED PRESS FILE**

ENTER FOR A
CHANCE TO

WIN

A PAIR OF TICKETS WITH GLASSES FOR OTTAWA WINTER BREWFEST!



FEB. 13-14

No purchase necessary.
Terms and conditions apply.

Must be 19+ to enter.

For complete rules and regulations,
and contest entry, go to **clubmetro.com**

Université d'Ottawa | University of Ottawa

SECURITY
AND POLICY

INSTITUTE OF PROFESSIONAL DEVELOPMENT

Engaging decision-makers
in a complex world

The Security and Policy Institute of Professional Development (SPI) is an innovative and independent forum that fosters knowledge exchange and substantive dialogue with top security experts, leading to actionable policy options, informed decision-making and enhanced planning for national resiliency.

SPI aggregates and synthesizes existing and new knowledge on various security topics and transfers it to select audiences through intensive short courses that are designed to help with practical decision-making.

UPCOMING COURSES:

Geopolitics 101, with Greg Fyffe
February 9, 10, 11, 2015

Canada and the Cyber Challenge 101, with John Adams
February 17, 18, 19, 2015

Energy Policy in the 21st Century, with Jennifer Taylor
February 23, 24, 2015

Effective Communication for Security Policy Development, with Jennifer Stewart
February 25, 2015

Register now at: www.continue.uOttawa.ca/SPI

Sponsors include:



613-562-5802 | continue@uOttawa.ca



uOttawa

Space tourism. Virgin Galactic turning corner

The only thing interrupting one of New Mexico's most remote stretches of desert is a pristine runway where Virgin Galactic plans one day to launch the world's first commercial space-line.

In the four years since its completion, however, the runway has seen little use: Just promises, year after year, that it would shuttle passengers to the edges of Earth.

Virgin Galactic had proclaimed 2015 was finally going to be the year. That was until its rocket-powered spacecraft broke apart during a test flight last fall, killing one pilot and igniting speculation about the future of commercial space tourism and Spaceport America.

Virgin Galactic CEO George Whitesides said things are on track now and testing will

take off again this year. Virgin Galactic's manufacturing crew is about two-thirds done with building a new spacecraft, and the operations team is ramping up for a test-flight program that will serve as one of the last major hurdles to getting off the ground.

Christine Anderson, the head of New Mexico's Spaceport Authority, pointed to the ill-fated Apollo 1 test launch and the 1986 Challenger explosion as examples of space exploration efforts that resulted in tragedy. Still, astronauts and scientists pushed on — and, she said, those backing Virgin Galactic and Spaceport America are doing the same.

"We have invested \$218 million, so there's absolutely no reason to stop now," she said. **THE ASSOCIATED PRESS**



Christine Anderson, executive director of the New Mexico Spaceport Authority, poses at the end of the taxiway at Spaceport America in Upham, N.M.
THE ASSOCIATED PRESS

Batteries. Energizer debuts recycled, disposable version

Billions of discarded batteries make their way into landfills every year and now one of America's largest battery makers says it is putting some of them to good use.

Energizer Holdings on Tuesday introduced Energizer EcoAdvanced, described as the first disposable AA and AAA alkaline batteries made with recycled batteries.

The recycled materials comprise about four per cent of the weight of the new batteries, but the company is aiming for 40 per cent by 2025, and hopes to eventually include other battery sizes.

Energizer EcoAdvanced is expected in stores across the U.S. this week and internationally later this year.

Michelle M. Atkinson, chief marketing officer and vice-president for Energizer, said the new battery will last

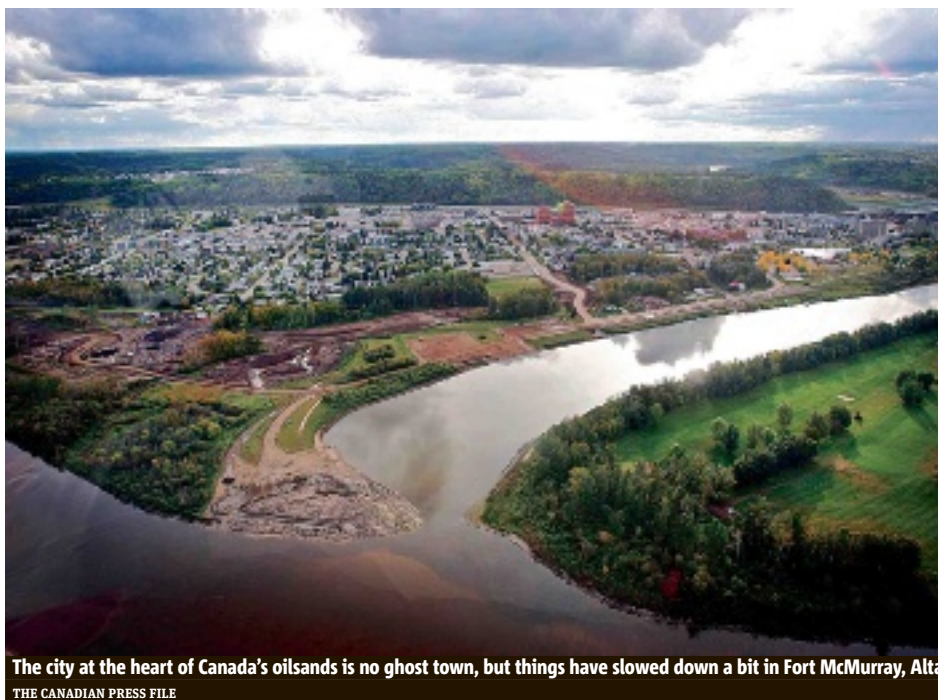
longer than any produced by the company, and will cost 25 to 30 per cent more than standard batteries.

Juli Niemann, an analyst for Smith Moore in suburban St. Louis, said alkaline battery sales have been declining as more products use rechargeable batteries and other power means. "I think it's trying to win points with the green crowd," she said of EcoAdvanced.

But Scott Cassel, CEO of the Boston-based Product Stewardship Institute, said the benefits extend beyond reducing the number of batteries in landfills.

"By creating the market for the recycled materials, it decreases the need to mine new materials, and mining is a big contributor to greenhouse gas," Cassel said.

THE ASSOCIATED PRESS



The city at the heart of Canada's oil sands is no ghost town, but things have slowed down a bit in Fort McMurray, Alta.
THE CANADIAN PRESS FILE

Oilsands cutbacks hard on contractors

Fort McMurray. City's shadow population who fly in and out on jobs are most affected by the slowdown

Roman Skowronski would go back home to British Columbia if he thought the job prospects there were any brighter. But, for the time being, the heavy equipment operator will keep trying to make a go of it in "Fort Mac."

Most of the time, Skowronski is able to land short-term jobs through his union, but he's had little success lately.

Most livelihoods are in one way or another tied to the oil-

sands in Fort McMurray, Alta. Downtown, after work, overalls and steel-toed boots far outnumber suits and ties.

The impact of crude's sharp slide wasn't readily evident in the city in late January. Most people who live there permanently continue to have steady jobs at mines north of town or at businesses that serve that clientele.

Based on past experience, many Fort Mac denizens see the current situation as temporary.

"In two years it's going to turn around big-time," said Mike Beaulieu, who works at Shell Canada, which has cut some of its oil sands staff.

His colleague, Jaimie Caines, recalls: "(In) 2009 this happened, too, and everyone was worried. It'll blow over eventually."

But Fort McMurray and the surrounding region has a large "shadow population" — 39,271 out of a total population of 116,407, according to the 2012 municipal census. Those folks may officially res-

ide elsewhere in Canada, but fly in and out of site to work for weeks at a time. While on the job, they stay at lodges — many well-appointed with gyms, theatres and other perks — largely bypassing the city itself.

"I think that's the group that's probably been affected the most by any slowdown," said Nick Sanders, president of the local chamber of commerce. "From our perspective, that's a pretty good business decision for the oil sands companies to make. You don't want to start laying off the people in Fort McMurray because they've made that long-term commitment to the community."

Heavyweights such as Suncor Energy Inc. and the Syncrude Canada Ltd. consortium continue to dig up bitumen. But, with crude prices slumping below \$50 US a barrel for most of the year, so far expansions and new projects are in question, affecting short-term construction jobs.

THE CANADIAN PRESS

Jobs

1,000

Suncor Energy has announced a \$1-billion reduction in spending and has said it will cut 1,000 positions — mostly contractors.

Man pleads guilty to selling fake urine

An Ohio man who sold fake urine and other products meant to help people pass workplace drug tests has pleaded guilty before a federal judge in Pennsylvania.

David Neal, 61, of Middletown, Ohio, pleaded guilty to conspiracy to defraud the United States and introduc-

tion of misbranded drugs into interstate commerce. He faces up to six years in prison when he returns to Pittsburgh for sentencing May 13.

U.S. Attorney David Hickton said Neal sold illegal substances online beginning in 2006 through his company, ACS Herbal Tea. Some of the

products, including Magnum Unisex Synthetic Urine and Urine Luck, were designed to thwart tests such as those used by the U.S. Department of Transportation to screen airline pilots, truck drivers and train engineers, as well as FBI agents.

THE ASSOCIATED PRESS

Investing

Buffett winning bet with hedge fund managers

Warren Buffett's bet — that you're better off investing in a simple fund that tracks a stock index than in sophisticated and costly hedge funds — appears to be safe. Seven years into the 10-year wager, the index fund Buffett picked is trouncing the performance of a collection of hedge funds.

Buffett made the bet in 2008 to demonstrate how hefty fees can hurt investment returns. The Vanguard S&P 500 Admiral index fund Buffett chose is up 63.5 per cent since the bet began. The money managers who own Protege Partners LLC picked five funds that bundle hedge funds. They are up roughly 19.6 per cent.

THE ASSOCIATED PRESS

Beverages

Coke looking to milk new category

Coke is coming out with premium milk that has more protein and less sugar. And it's betting people will pay twice as much for Fairlife as Americans turn away from soft drinks and seek out some type of functional boost from their foods and drinks, whether it's more fibre, antioxidants or protein.

Fairlife, which Coca-Cola formed in partnership with dairy co-operative Select Milk Producers in 2012, says its milk goes through a filtration process that's akin to the way skim milk is made. Sue McCloskey, who developed the system, said Fairlife milk will be marketed more broadly to women. **THE ASSOCIATED PRESS**

Market Minute

DOLLAR
80.67¢ (+1.16¢)

TSX
15,062.77 (+162.30)

OIL
\$53.05 US (+\$3.48)

GOLD
\$1,260.30 US (-\$16.60)

Natural gas: \$2.754 US (+7.4¢)
Dow Jones: 17,666.40 (+305.36)

French pastry chef touts 'essence of the product'

Pascal Rigo talks with Metro News about his new venture with coffee giant Starbucks. Rigo's food aims to marry quality ingredients and mass production, with authenticity as the goal.



ROSEMARY WESTWOOD
Metro in Toronto

Meet Pascal Rigo: The pastry evangelist who's coming to Canada determined to put a classic French twist on mass-produced food.

A man of gusto and expressive hand gestures, Rigo will be filling Starbucks stores in Ontario and British Columbia with his La Boulange French pastries and sandwiches, starting March 3. The rest of the country will see his croissants in cafés by July.

He wants to disprove the common theory that fast food is low in quality. He likes the words "pure" and "simple" and fawns particularly over his ingredients.

In a \$100-million deal, Rigo has gone from serving 16,000 people at 20 San Francisco cafés to entering the lives of 45-million people a week after his company was bought by Starbucks in 2012.

"What can we do that's

really, really good, and how can we share it with as many people as possible?" he said, with boundless energy in his voice and his eyebrows up to his hairline.

The solution, he said, was found in freezers.

His croissants, danishes and scones — already available in U.S. stores — are frozen the moment they come out of industrial ovens, individually wrapped and put in cartridges for transport and storage until they're sold.

"We capture the essence of the product at the end of baking and we seal it," he said.

Rigo hesitated to criticize the current Starbucks pastry lineup, but he did note that compared to his creation, the existing croissant "just doesn't smell like butter."

Starbucks has made a "substantial investment" by putting freezers in all of its cafés to store the pastries, a spokesperson said.

The pastries take 15 seconds to warm up ("and



Pascal Rigo DAVID VAN DYKE/METRO

wake up the butter") — about the time it takes to make a latte — and sell for a slightly higher price than the current product line, averaging about \$2.45.

As for the prospect of competing with Tim Hortons, Rigo seemed unperturbed.

"I was not sure how nice the baby will look," he quipped of the recent merger between Tim Hortons and Burger King.

The corner bakery and

Quoted

"There are good cro-nuts and bad cronuts. I think you can invent everything in the world, but you have to start somewhere, and for us it's the ingredients."

Pascal Rigo, when asked about the value of pastry trends.

French grandmothers are his real competition, he said.

To pull it off, he's building a network of smaller producers — blueberries from B.C., California almonds and Oregano peppermint, eschewing another well-held notion that local is best.

"It could be local and crap," he said in characteristic French frankness.

Starbucks won't be offering all the same products in every store, either. It's selling pastrami sandwiches

in New York City and goat cheese-and-zucchini croissants in San Francisco.

Not even all croissants will taste the same coast to coast, Rigo said, warning that perfection isn't the goal — authenticity is.

All that, from a man also keen to push the idea that mechanization is not innately bad, even for a foodie.

"The machine is fine, it's what you feed the machine with," he said.

In a world where pre-packed and processed foods reign, it's a big mission for a man who began baking as a child in the small village of Paillet, France, before moving to the U.S., building a popular café franchise, and selling it to the biggest name in coffee for many millions.

"I asked for way more than that," he said, and laughed. "You've got to start high."

The French bakers he learned from would no doubt agree: Rigo's artisan-for-all mission is a lofty one.

Appeal to women

Menus to feature wine, beer, and tapas

Starbucks baristas: Make room for bartenders — and a carbonation station for teas and juices.

An evening menu of wine, beer and tapas will be launched at the coffee chain's locations in Canada's big cities by the end of the year, Starbucks Canada president Rossann Williams told Torstar News Service.

She said the company's aim is to appeal to women, who make up 60 per cent of Starbucks' customers and don't necessarily like to hang out in bars with their friends.

With coffee sales flat, the 44-year-old java giant is pushing into different areas as it faces stiff competition from fast-food chains serving coffee along with independent coffee chains popping up everywhere.

Williams said she expects new food options from French pastry chef Pascal Rigo, in particular, to be a big driver of sales and traffic for the chain.

"Millennial customers like quality," said Williams, who said her aim is to attract the next generation. "They have to make big changes, just like Tim Hortons did six or seven years ago when it started expanding its food menu," said Robert Carter, executive director of food service at NPD Group.

He said with fast-food restaurant growth projected to slow down growth to one per cent over the next five years in Canada, there is "real room for Starbucks to steal customers" from Tims especially, which has a dominant 42-per-cent market share in fast food. Starbucks is stuck in fifth place in the so-called quick service restaurant business, he noted. **TORSTAR NEWS SERVICE**



Rossann Williams, new president of Starbucks Canada
TORSTAR NEWS SERVICE

Anatomy of a pastry favourite

Chocolate croissant

Choosing a favourite is no easy feat

Asking Pascal Rigo to choose which pastry you should try first is like asking him to "choose between my children," he said.

But when pushed, the chocolate croissant won.

"It's an amazing chocolate croissant," he said. "The crunchiness of the butter flavour, or how warm it is, it's the authenticity."

All about chocolate

"When you eat it, think about the single-origin chocolate from Colombia, how it travelled and how those two things met together." Pascal Rigo

Layers of butter

24

The croissant has the flaky structure that comes from the proper 24 layers of all-butter dough and is baked to a golden-brown colour, Rigo noted.

Coffee or tea

Pair it with a drink

When it comes to pairing the chocolate croissant with a beverage, Rigo suggests Caffé Verona, Guatemala Antigua, Espresso Roast, Ethiopia or a Teavana Shaken Iced Black Tea.

DAVID VAN DYKE/METRO

Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



Lindsay Lohan ALL PHOTOS: GETTY IMAGES

Mila Kunis weighs in on her really big baby girl

Mila Kunis is making the talk-show rounds for the first time since giving birth to daughter Wyatt four months ago — and apparently Wyatt was quite the whopper.

"She's a really good baby. She was 9.5 pounds when she was born," Kunis tells Ellen DeGeneres during an interview. "Because she was so big, she was a like a hearty little thing."

That is putting it lightly. And apparently having a baby that big can throw off your planning. "Newborn never happened. Newborn diapers never happened and newborn clothes never happened," Kunis explains.



Mila Kunis

"She's four months old and wears six-month clothing, six to nine. She's a big girl, y'all." Sure, fine, but when did Kunis start saying "y'all"?



Robin Williams and his wife Susan Schneider

Robin's widow and his kids go to court over estate

Efforts to settle Robin Williams' estate are getting messy, as his wife, Susan Schneider, is suing the late comedian's three children from previous marriages for removing items from the home she and Williams shared without her permission. But Williams' kids are countersuing, claiming

Schneider is "adding insult to a terrible injury," according to the Associated Press. "The Williams children are heartbroken that (Schneider), Mr. Williams' wife of less than three years, has acted against his wishes by challenging the plans so carefully made for his estate," their attorney says in the filing.

Neil Patrick Harris swears he's ready to host Oscars

If Oscars host Neil Patrick Harris' first appearance related to the gig — popping up at this week's annual nominees luncheon — is any indication, profanity is on the table for the Feb. 22 awards ceremony.

"Some of you are good friends and some of you I just got a chance to meet for the first time, but

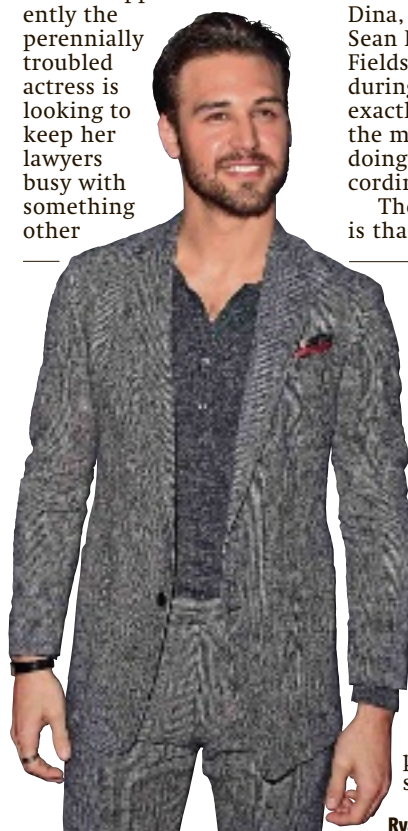


Neil Patrick Harris

we are all going to be spending Oscar night together, where everything will be hilarious," he said, addressing the luncheon before pulling out a spiral toy to hypnotize the nominees in attendance, intoning, "Everything will be hilarious. Everything will be f—ing hilarious."

Lohans sue Fox for crack about Dina doing coke with Lilo

Be careful what you say about Lindsay Lohan, because apparently the perennially troubled actress is looking to keep her lawyers busy with something other



Ryan Guzman

than her probation hearings.

Lohan and her mother, Dina, are suing Fox News, Sean Hannity, and Michelle Fields for comments made during a Hannity episode exactly a year ago about the mother-daughter duo doing cocaine together, according to TMZ.

Their main complaint is that while Fox issued

an apology, the video clip in question — from a segment about stars who could suffer similar fates to Philip Seymour Hoffman, in which Fields states, "Lindsay's mom is doing cocaine with her" — was not removed from the web, despite a request that Fox do so.

It's tough to decide who to root for in this one.

Boy Next Door Guzman's naked ambition on display

Sure The Boy Next Door did some respectable business at the box office, but if you're the non-J.Lo star of the film, your first concern should be keeping that fame game momentum going, right?

And Ryan Guzman knows just how to do that: Get naked.

The young actor posed nude — save for some carefully draped

sheets — for Cosmopolitan U.K.'s March issue to raise awareness for Cancer Research U.K., because sure.

And just to make sure you feel weird about any dirty thoughts, he peppers the spread with some personal tragedy: "I lost my grandfather to cancer when I was 13," Guzman tells the magazine. "It's affected my life and I'll do everything I can to back cancer research." And he does apparently mean everything.

2 SCENE

U.S. networks stumbling toward diversity

Casting. Fifteen years after an outcry by civil rights groups, minority characters are still few and far between

Kenya Barris, creator of ABC's black-ish, was motivated to write the comedy about an African-American family's efforts to honour its heritage in part by the unreality of what he grew up watching on television.

"I saw Friends and Seinfeld and thought, 'What part of New York is this?'" recalled Barris, who is black. "It's not about being diverse. It's about being true to the world."

His show comes 15 years after civil rights groups, galvanized by a lineup of new network series almost entirely devoid of minority characters, sought and ultimately won agreements from major broadcasters to put programs on the air that better reflect the U.S. population.

An Associated Press analysis of regular cast members on prime-time comedies and dramas on ABC, CBS, NBC and Fox found progress since then in hiring black actors, but other minorities appear slighted. Casts at three of the four networks are still whiter than the nation as a whole.

That's in contrast to a fall 2014 season that seemed to signal broad change. Besides black-ish and a trio of shows from black megaproducer Shonda Rhimes, it offered Asian-American crime fighters and Latino families.



Gina Rodriguez, centre, stars in the comedy series Jane the Virgin. "People say this (show) is too much of a risk," says Rodriguez. "Which is so sad, because it's the same story, just told by a new face." DANNY FELD/THE CW

Among the key findings of the Associated Press analysis:

- ABC, NBC and Fox now have a higher percentage of blacks in prime time than in the general population — a significant change over 1999.

- The difference is most dramatic at Fox: 6.5 per cent of characters in lead or supporting roles were black in 1999 to 21 per cent black this past fall, a number that notched up again with January's premiere of Empire, a drama about an African-American family's music dynasty.

- Other ethnic groups don't do nearly as well. While Latinos are the largest minority group in the U.S. at more

than 17 per cent of the population, only Fox and ABC have Latino representation of as much as 10 per cent.

- CBS, the nation's most popular network, had the most diversity 15 years ago and now has the least. CBS programs are whiter now than they were then.

Gina Rodriguez, the Golden Globe-winning star of the CW's new telenovela-inspired comedy Jane the Virgin, knows what it's like to be left out of the TV picture.

"Ten years ago, when I was looking at that screen and didn't see myself at all, I knew there was no place (for

me). Or I was too out of the box, too much of a risk," she said. "People say this (show) is too much of a risk. ... Which is so sad, because it's the same story, just told by a new face."

In 1965, after NBC cast Bill Cosby in I Spy, young Kweisi Mfume's mother sent her son to knock on doors in their Baltimore neighbourhood to spread the word: "There's a coloured man on TV!" Cosby had become the first black to star on a network drama.

In 1999, as head of the NAACP, Mfume was among the leaders pressuring networks on diversity.

"One can make the argument it's been progress over



In this 1977 photo, Jimmie Walker, left, appears with co-star Janet Jackson in an episode of Good Times. In the 1970s, Norman Lear was unveiling a slate of hit sitcoms that addressed hot-button issues of the day, particularly racial equality as depicted in Sanford and Son, Good Times and The Jeffersons.

THE ASSOCIATED PRESS FILE

Network dominance

- Time has not made broadcast's role moot. Network fare remains dominant for most U.S. consumers despite an explosion of niche cable channels and streaming services that cater to seemingly every possible demographic.
- What viewers see — or fail to see — on the networks has a powerful impact on how individuals regard themselves as part of the cultural mosaic in the U.S.

15 years, but it's still been 15 years and that's a lot of time to go by to see some of these changes incrementally," said Mfume.

"We can get pleasantly and romantically drunk by looking at all (Rhimes) is doing ... But at the same time, she's one person at one broadcast network."

Hollywood's commitment to diversity has been an issue on numerous fronts in recent weeks: Not a single Oscar nominee in an acting category is black, and the critically acclaimed Selma got just two Oscar nods for best picture and best original song.

Emails exposed by the Sony Pictures hacking revealed racist jokes referencing President Barack Obama by Amy Pascal, head of that studio's film division. Comic Chris Rock wrote a detailed essay for The Hollywood Reporter saying that entertainment is a white industry, "just as the NBA is a black industry."

THE ASSOCIATED PRESS

Show development

OWN to adapt Queen Sugar as drama series

Oprah Winfrey and the director of the Oscar-nominated movie Selma are creating a drama series for Winfrey's TV channel. The project from Winfrey and filmmaker Ava DuVernay is inspired by the Natalie Baszile novel Queen Sugar, the OWN channel said.

THE ASSOCIATED PRESS

Oprah

GETTY IMAGES



New Harper Lee novel features Scout as an adult

Publishing. To Kill a Mockingbird author will release first work in more than 50 years

To Kill a Mockingbird will not be Harper Lee's only published book after all. Publisher Harper announced Tuesday that Go Set a Watchman, a novel the Pulitzer Prize-winning author completed in the 1950s and put aside, will be

released July 14. Rediscovered last fall, Go Set a Watchman is essentially a sequel to To Kill a Mockingbird, although it was finished earlier. The 304-page book will be Lee's second, and the first published work in more than 50 years.

The publisher plans a first printing of two million copies.

"In the mid-1950s, I completed a novel called Go Set a Watchman," the 88-year-old Lee said in a statement issued by Harper. "It features the character known as Scout as an adult woman, and I thought it a pretty decent effort. My editor, who was taken by the flashbacks to Scout's childhood, persuaded me to write a novel (what became To Kill a Mockingbird) from the point of view



Harper Lee in a 2007 file photo

THE ASSOCIATED PRESS FILE

of the young Scout.

"I was a first-time writer, so I did as I was told. I hadn't realized it (the original book) had survived, so was surprised and delighted when my dear friend and lawyer Tonja Carter discovered it. After much thought

and hesitation, I shared it with a handful of people I trust and was pleased to hear that they considered it worthy of publication. I am humbled and amazed that this will now be published after all these years."

Financial terms were not disclosed. The deal was negotiated between Carter and the head of Harper's parent company, Michael Morrison of HarperCollins Publishers.

According to publisher Harper, Carter came upon the manuscript at a "secure location where it had been affixed to an original typescript of To Kill a Mockingbird." The new book is set in Lee's famed Maycomb, Ala., during the mid-1950s, 20 years after To Kill a Mockingbird and roughly con-

temporaneous with the time that Lee was writing the story. The civil rights movement was taking hold in her home state. The Supreme Court had ruled unanimously in 1954 that segregated schools were unconstitutional, and the arrest of Rosa Parks in 1955 led to the year-long Montgomery bus boycott.

"Scout (Jean Louise Finch) has returned to Maycomb from New York to visit her father, Atticus," the publisher's announcement reads. "She is forced to grapple with issues both personal and political as she tries to understand her father's attitude toward society, and her own feelings about the place where she was born and spent her childhood."

THE ASSOCIATED PRESS

How-to

Achieve travel exit velocity

1. Adopt the mindset that 'you can do it' rather than mentally shutting down your travel dream once you envision it.
2. Pick the best time of year to visit your destination, then assign it a month (and a year)
3. Buy the flights as soon as you are able, so that when travel time comes, they are paid off. (Can you use credit card points?)
4. Start a fund meant only for the trip, and set a weekly or monthly contribution goal.
5. Contribute all the extra funds you can: dividend, work bonus, piggy bank, \$10 lottery ticket win — everything.
6. Research to find discount accommodation options (family-run B&Bs, hostels) so you can splurge elsewhere. **DOUG WALLACE/METRO**

New

La Reserve Paris Hotel and Spa

Occupying a mansion previously owned by French fashion designer Pierre Cardin, La Reserve Paris is a new 26-suite, 14-room gem off the Champs-Élysées on Avenue Gabriel. Facilities include a courtyard, library, spa and French restaurant, Le Gabriel. Belle Époque luxury is alive and well, with period furniture, luxe fabrics and regal colours. Go see how the other half lives. From \$1,050. Visit lareserve-paris.com.

DOUG WALLACE/METRO, PHOTO: LA RESERVE PARIS



Deal

Reading week specials

Where are you heading for Spring Break? Recharge before final exams with a cool, value-oriented, high-energy, experience-loaded adventure from Contiki. Highlighted sunspots including Hawaii and Mexico's Yucatan Peninsula, or you can head for the hills to ski or snowboard in B.C., Alberta or Austria. Discounts abound if you pay in full well in advance. From \$645. Visit Contiki.com.

DOUG WALLACE/METRO



Climbing peaks and dunes

The Southwest. This spring lace up your hiking shoes and head to Arizona and Texas for some challenging and scenic trails

In seven parks from Phoenix, Ariz., to near El Paso, Texas, you can wander across blindingly white sand dunes, climb on all fours over red boulders, trek to waterfalls deep inside a canyon, and play rockhound for a day. Here are some highlights not to miss this spring.

Saguaro Forests

Two-storey-high saguaros, ocotillo bushes tipped with scarlet blooms and blossoming palo verde trees border the steeply rising switchbacks on the first two kilometres of the Hugh Norris Trail in the western district of Saguaro National Park.

At the ridge top, falcons soar as dusk settles onto one of the densest concentrations of saguaros in the Sonoran desert, many more than a century old. In the distance stands Signal Hill, where the Hohokam people carved petroglyphs hundreds of years ago.

Although Tucson bisects the park's two districts, silence on the trail is unbroken.

Canyon swim

Deep inside Bear Canyon, seven waterfalls gurgled amid rocky walls studded with cactus. This 13-kilometre round-trip hike in Sabino Canyon Recreation Area, just north of Tucson, is a parade of Southwest wilderness bests: saguaro stands silhouetted against mountain peaks, a cottonwood-lined river gorge, and chilly rock pools, perfect



Hikers descend a steep portion of the Camelback Mountain trail. **THE ASSOCIATED PRESS**

for dipping battered feet.

Rocks all around

Follow I-10 east more than 160 kilometres from Tucson, across desert so wide that the mountains look like they're hanging off a round horizon, like a child's drawing of the Earth. Then head toward the border to either Rock Hound State Park, in Deming, N.M., or Chiricahua National Monument, Ariz.

The park allows visitors to collect up to 15 pounds. The nearby Red Roof Rock Shop can saw them in two — \$3 for a half-hour of work — to reveal gorgeous sparkling blue agate nestled against pale violet rhyolite, a type of rock known as a thunderegg.

At Chiricahua, a "sky island" mountain range emerges from the emptiness, its dense formations of eroded volcanic ash spires millions of years old



Endless white sand dunes stretch across the horizon at White Sands National Monument in New Mexico. **THE ASSOCIATED PRESS**

If you go ...

- **Picacho Peak State Park.** azstateparks.com/Parks/PIPE/
- **Saguaro National Park.** nps.gov/sagu
- **Bear Canyon Trail.** In Sabino Canyon, about 22 kilometres from Tucson, Ariz.
- **Rock Hound State Park.** Near Deming, New Mexico, about 160 kilometres from El Paso, Texas

in a blizzard. But a few tall, spiky yucca plants sprouting from the gypsum sand signalled that this was desert, part of 713 square kilometres of constantly shifting dunes at White Sands National Monument. The remote area sits in the middle of a missile range in southern New Mexico.

Crawling up camelback

One of the most iconic Southwest hikes is smack in the middle of metro Phoenix.

The experience of clamoring up the 824-metre Camelback Mountain starts with fighting for a parking spot and ends with the rush of bagging a genuine peak. Hikers use metal handrails in spots to pull themselves up the red rocks, which resemble the face and hump of a camel.

When you aren't climbing on all fours, take in the 360-degree views of distant mountain ranges and closer golf courses and pools, framed by tall saguaros, blooming and fragrant creosote, and orange poppy buds.

THE ASSOCIATED PRESS

3
T
I
E
E

Exclusive Non-Stop Flights from Ottawa to Miami



CALL TODAY, Space is selling quickly. Still available*:
Feb. 7, 15, Mar. 1, 7, 8, 14, 15, 21, 22, 28, 29, Apr. 4, 5, 12, 2015



Actual plane may differ.



Celebrity Cruises Caribbean Vacations

It's All Included from \$1399*.

- 7 Night Eastern or Western Caribbean cruise aboard Celebrity Reflection® or Celebrity Silhouette®
- Ports of call include: St. Thomas, St. Maarten, St. Kitts, San Juan, Cozumel, Grand Cayman, Jamaica and our private island, Labadee®
- Roundtrip NON-STOP flight from Ottawa, ON to Miami, FL
- Up to 2 checked bags per traveler*
- Complimentary in-flight meal and beverages
- Classic Beverage Package during your cruise; including beer, wine, spirits and more*, approx. value of \$789 (3rd and 4th guests each receive a non alcoholic beverage package and 40 minute Internet package)
- All gratuities and taxes* for your cruise
- Roundtrip ground transfers

Suites from \$3,009* / Veranda Staterooms from \$1,999*
Oceanview Staterooms from \$1789* / Interior Staterooms from \$1399*
3rd and 4th guests sharing stateroom from \$1399**

For information visit www.celebritycruises.com/canada
To reserve, call your travel agent or call 1-888-776-1155

Celebrity X Cruises®
That's modern luxury.™



UPDATED

* Offer valid for departures between Feb. 7 to Apr. 12, 2015. Classic beverage package applies to two guests (21 years and older) per stateroom and includes beers up to \$6 per serving; spirits and cocktails up to \$8 per serving and wine up to \$9 per serving; soda selections, fresh squeezed and bottled juices, premium coffees and teas and non-premium bottled water. Upgrades to other beverage packages are available for an additional charge plus beverage gratuities. Gratuities applies to two guests per stateroom and provides for prepaid stateroom attendant, waiter, assistant waiter and head waiter gratuities (amounts based on gratuity guidelines). 3rd and 4th guests receive gratuities and non-alcoholic beverage package which can be upgraded to an alcohol package for a fee. **3rd/4th guest pricing based on Celebrity Reflection® Mar. 7 sailing in an interior stateroom - other categories slightly higher. Max. total baggage allowance of 20 kilos (44 lbs.) per person. Price is in CAD, p.p.s. based on double occupancy for new individual bookings, subject to availability and may change at any time and is inclusive of all taxes, fees and port charges. Ports of call vary by itinerary. Prices are based on the lowest minimums available as follows and will vary by sailing: Celebrity Silhouette® suites from \$3009 for sailing Mar. 8, Celebrity Reflection® verandas from \$1999 for sailing Mar. 7; Celebrity Silhouette® oceanview staterooms from \$1789 for sailing Mar. 8 and Celebrity Reflection® interior staterooms from \$1399 for sailing Mar. 7. Other categories/occupancy types and sailing dates are available at varying prices. Celebrity Reflection® Eastern Caribbean Feb. 7, 14, 21, Mar. 7, 21 & Apr. 4 and Western Caribbean Feb. 28, Mar. 14 & 28. Celebrity Silhouette® Eastern Caribbean Feb. 15, Mar. 1, 15, 29 & April 12 and Western Caribbean Feb. 8, 22, Mar. 8, 22 & Apr. 5. This program is not combinable with any other offers and is not available online. †Based on availability at time of printing. Space is subject to availability and change at time of booking. Please ask for details regarding terms and conditions concerning deposit, final payment and cancellation penalties. Restrictions apply. Celebrity Cruises reserves the right to correct any errors, inaccuracies or omissions and to change or update fares, fees and surcharges at any time without prior notice. © 2015 Celebrity Cruises, Inc. Ship's Registry: Malta and Ecuador. All Rights Reserved. 01/15 • 5910

From one side of America to the other

Panama Canal. This Central American marvel of engineering adds a fascinating element to a cruise

Nina and Fred Fenton have gone on 40 cruises, including five through the Panama Canal since 1998, but they keep coming back.

While aboard the Norwegian Sun on their latest journey into the storied waterway linking two great oceans, the retired couple from Lincoln, Calif., mused at the simple — yet efficient — workings of the century-old engineering wonder.

"This is a true marvel," said Nina Fenton.

"It's amazing how they were able to do what they did back when it was built, and it is still functional today," added Fred Fenton.

The Fentons' most recent journey through the Panama Canal was 15-day cruise from Los Angeles to Tampa, Fla., last year.

On one sunny fall morning, throngs of passengers leaned on deck railings to watch as the ship slowly edged into a series of canal locks lifting it 26 metres above sea level for entry on the Pacific side and lowered it the same amount as it sailed into the Caribbean Sea at late afternoon.

Twenty-six million gallons of water can flow into a lock in just eight minutes. Gravity fills the locks with water from Miraflores and Gatun lakes, which are located on the continental divide between the locks in this 77-kilometre isthmus.

Electric locomotives attach cables on both sides of ships to ensure they are centred while slowly moving on their own power through each lock.

"It's a fantastic experience," said Ronny Borg, captain of the Norwegian Sun.

Wide load

- The Norwegian Sun is one of the largest boats that can transit the canal, measuring 32 metres at its widest point.



The Norwegian Sun is one of many ships that sail through the Panama Canal. THE ASSOCIATED PRESS

"I never get tired of it, and I've been through the canal maybe 20 times," he added.

Borg said the shortcut between oceans, which cost Norwegian Sun a \$379,000 transit fee on this trip, saves ships three to four weeks that otherwise would be spent going around the southern tip of South America.

As a bonus for passengers, the day-long journey through the Panama Canal is truly fascinating.

"It's amazing that this whole system was envisioned and built more than a century ago and is still working well," said cruise passenger Roger Mathison of Sioux Falls, S.D.

Mathison and his wife, Pat, spent the day taking dozens of canal passage photos from various decks and playing cards near a cafeteria window that offered an excellent view.

At one point, they even saw a large crocodile in the water.

Most major cruise lines and some smaller ones offer

lengthy Panama Canal trips from one U.S. coast to the other, primarily in the drier September-April period. Ships on shorter cruises go into the canal, turn around and return to their ports of origin.

As this cruise ship carefully nudged through the locks, passengers had a bird's-eye view of other in-transit vessels in the next lane.

The daylong journey also offered a glimpse of the massive construction project that will add an adjacent third lane of canal traffic, allowing even larger ships to use the shortcut in the future.

Existing locks are 305 metres long, 34 metres wide and 14 metres deep.

The new ones will be 427 metres long, 55 metres wide and 18 metres deep. A Panama Canal Authority spokesman said the project should be completed by 2016.

Construction of the existing canal was finished on Aug. 15, 1914.

THE ASSOCIATED PRESS

Bucket list

Eat your way around Wales

Unspoiled, unhurried and underrated, Wales is one locavore taste sensation after another, one of the earliest champions of simpler food traditions. After you've toured Cardiff, jump in a rental and head to Llanerch Vineyard Cookery School, voted one of the top 10 in the U.K., where Welsh food legend Angela Gray presides over the kitchens. Then, going east to Reynoldston, stop at the Fairyhill Hotel & Restaurant, an eight-room haven that dates back to the 1720s, where the kitchen bends over backward to make the best use of regional food. And if you have time for a trip up north, a true food adventure can be found at Ynyshir Hall, a stately inn near Machynlleth in Powys. While on the road, watch for signs of all the little food fairs during the spring and summer, teeming with amazing cheese, chocolate, cider and meats. Bring stretchy pants.

DOUG WALLACE/METRO

Quebec City. This classic frigid fest is the perfect reason to bundle up and head outside



ON THE MOVE
Loren Christie
life@metronews.ca

For anyone looking to embrace our Canadian winter, there is no better place than Quebec City.

Quebec's Carnaval encourages everyone to bundle up and make the most of the outdoors. This past weekend I visited the city with six friends, in time for the world-famous winter festival's opening weekend. Despite -20 C temperatures, people came out to try their hand at dog sledding, snow biking and grab a photo with Bonhomme, the festival's omnipresent mascot. Most activities take place just outside the old city walls on the Plains of Abraham and



The Hotel de Glace is North America's only ice hotel. PETER REMUS

are geared toward families. That didn't stop our gang of winter adventurers from taking part in tube and toboggan races. When a diversion from romping in the snow is required, there are a number of pop-up ice bars and wooden shacks ready to serve up a coffee with Amarula or a glass of

Caribou, Quebec's version of hot mulled wine. The festival runs till Feb. 15 this year.

Away from the Carnaval sites, an afternoon stroll of the historic streets of Vieux Québec and La Place Royale, with its shops, restaurants and tiered, narrow streets are a must.

Reminiscent of a European village, this UNESCO-protected World Heritage area is even more charming when covered in powdery white snow and lit with twinkling lights than when canopied by summer's leafy greens.

Escaping the winter temperatures provides a guilt-

free reason to add frequent stops for meals and libations, whether it be an artisanal coffee or a local craft beer.

For dinner, my traveling companions successfully used Trip Advisor as our guide; Chez Boulay and recently opened Légende are both charming restaurants with contemporary menus that pride themselves on their modern Quebec fare. The unexpected gem for us was Bati Bassak, a delicious and reasonably priced Thai and Cambodian restaurant where you could bring your own wine.

There are a number of hotels that are well positioned to make exploring the city easy. However, spending a night at the Hôtel de Glace, located 15 minutes from the downtown core, is a once-in-a-lifetime experience.

North America's only ice hotel is a 44-room hotel, complete with Chapel, Bar and Arctic Spa, made completely out of snow and ice. I am glad I paid attention to the sleeping instructions they sent; at a brisk -32 C, there was no room for error.

Be
the couple
with zero reservations.

W
WALDORF
ASTORIA
HOTELS & RESORTS

•  •
DOUBLETREE
BY HILTON™

• CURIO
A COLLECTION BY HILTON™

Hilton

Hilton. Ready and waiting at 12 brands, in over 2,000 cities.

HiltonCanada.com

Beyond the beach

Thrill-seekers travelling to the Dominican Republic have many options from which to choose. CONTRIBUTED

Dominican Republic. A great spot for eco-tourists looking for adventure

VAWN HIMMELSBACH
For Metro

The Dominican Republic is known for its pristine beaches and average annual temperature of 25 C. And its most popular destination, Punta Cana, has been master-planned with vacationers in mind.

While Punta Cana is home to luxury all-inclusives and boutique hotels with colonial charm, there is plenty of action off the resort.

The DR has partnered with the likes of The Nature

Conservancy, The Smithsonian and the United Nations to create environmental protections, and much of its coastal areas are protected as national parks and reserves — so it's a great spot for eco-tourists looking to pursue adventure while preserving sensitive ecosystems.

Each winter, some 3,000 to 5,000 whales

migrate to Samaná Bay — one of the first whale sanctuaries in the world. Whale-watching tours offer a chance to see humpback whales, which can grow up to 15 metres in length, from January to March.

On land, head to the Indigenous Eyes Ecological Preserve, a private forest reserve where you can take a dip in one of 12 freshwater lagoons the Taino Indians call “eyes,” which are believed to hold medicinal properties.

A new highway is also making it easier — and much faster — to reach other des-

tinations on the island.

“You can take advantage of visiting more than one destination when you choose to go to Punta Cana,” said Cosette Garcia, director of tourism for the Dominican Republic in Canada.

“I know how Canadians love to mingle with the locals, so they have that option.”

If it's culture you seek, head to nearby Santo Domingo, one of the most cosmopolitan cities in the Caribbean. This UNESCO World Heritage Site — where Christopher Columbus first set foot in 1492 — is easily walkable,

Day and night

- For thrill-seekers, Bavaro Adventure Park offers 1,100 acres of open-air adventure, from ziplining to “crazy ball zorbing” and “crazy jumper bungee trampolines.” Or head to Dolphin Island Park, where you can swim with dolphins and sea lions in their natural habitat.
- Dance the night away at Imagine, a disco built into a cave. Be sure to sample the local beer, Presidente. Or try the popular Brugal rum, which is produced in the DR and uses traditional rum-making methods. But take it easy — it's strong stuff.

with colonial architecture, cobblestone lanes and iron street lamps.

No trip to the DR is complete without sun and sand, and Punta Cana's Bavaro Beach is rated one of the world's top 10 beaches (according to UNESCO). With a coral reef that protects the beach from big waves, it's ideal for swimming and safe for kids.



Earn travel rewards up to 4x faster.¹

No annual fee for the first year. Plus, get 20,000 bonus points, good for \$200 in travel.²

With the Scotiabank® Gold American Express® Card, you'll enjoy the freedom and flexibility to redeem points before or after your trip with no blackouts, seat restrictions or booking fees.

www.scotiabank.com/4xfaster

You're richer
than you think.®

 **Scotiabank®**

** Registered trademarks of The Bank of Nova Scotia. ® American Express is a registered trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express. ¹ You will earn 4 points per \$1 on the first \$50,000 in purchases made annually at American Express merchants classified in the American Express network as: Gas Service Stations (with or without Ancillary Services and with Merchant Code: 5541) and Automated Fuel Dispensers (Merchant Code: 5542); Grocery Stores and Supermarkets (Merchant Code: 5411); Eating Places and Restaurants (Merchant Code: 5812); Drinking Places (Alcoholic Beverages) including Bars, Taverns, Nightclubs, Cocktail Lounges, and Discotheques (Merchant Code: 5813); Fast Food Restaurants (Merchant Code: 5814); Entertainment including Motion Picture Theaters (Merchant Code: 7832); Theatrical Producers (except Motion Pictures) and Ticket Agencies (Merchant Code: 7922); Bands, Orchestras and Miscellaneous Entertainers — Not Elsewhere Classified (Merchant Code: 7929). Some merchants may sell these products/services or are separate merchants who are located on the premises of these merchants, but are classified by American Express in another manner, in which case this added benefit would not apply. You will earn 1 point per \$1 on purchases made after you have reached the 4 points per \$1 \$50,000 annual spend maximum and on all other purchases made with the card. Points are not awarded for cash advances, Scotia Credit Card Cheques, Scotia Rewards Dollars, returns, payments, casinos and gambling, annual membership or card fees, interest charges or service transaction charges. ² The introductory annual fee waiver only applies to the initial annual fee for the primary and additional cards. The Scotiabank Gold American Express Card regular interest rate is 19.99% for purchases. For cash advances, balance transfers and Scotia Credit Card Cheques the interest rate is 21.99%. The regular annual fee is \$99 per year for the first card issued on the account; additional cards are charged an annual fee of \$29 per year per card when issued regardless of card activation and will be billed to your first statement and once a year thereafter. Any additional cards must be issued by February 28, 2015, to qualify for the offer. The 20,000 Scotia Rewards bonus points are awarded when you use your Scotiabank Gold American Express Card for at least \$1,000 in net purchases posted to your account in the first three months from the account open date and provided the account is open and in good standing. Net purchases are defined as the cost of goods and services purchased on your credit card account, less amounts credited for refunds on such purchases. The points will appear as an adjustment on your Scotiabank Gold American Express Card statement within two statement cycles after the third billing cycle has passed. Offer applies to new accounts opened by February 28, 2015. Rates and fees are as of September 1, 2013 and are subject to change without notice.

Effortless meal that defines sophistication

Dinner. Stuffed Turkey Rolls with Pasta Sauce take only half an hour to make but are fancy enough to serve up at your next dinner party



DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Growing up in an Italian family, I have always enjoyed scallopini.

Ingredients

- 1 lb (500 g) turkey breast scallopini
- 1/2 tsp (2 ml) ground pepper
- 1 tsp (5 mL) salt, divided
- 8 cloves garlic, minced
- 1/2 cup (125 mL) chopped fresh parsley
- 1/3 cup (75 mL) fresh grated Parmesan cheese
- 1 tbsp (15 mL) extra virgin olive oil
- 2 shallots, finely chopped
- 1 tsp (5 mL) dried oregano leaves
- 1/4 tsp (1 mL) hot pepper flakes
- 1 jar (660 mL) tomato passata
- 2 sprigs fresh parsley
- 1 sprig fresh basil
- 1 pkg (375 g) whole wheat or gluten free penne pasta



This recipe serves four to six. ONTARIO TURKEY

TOTAL TIME
ABOUT 30 MINUTES

With the great variety on the market, choosing lean turkey scallopini is an easy way to add a fancy factor to your meal routine.

I developed this recipe based on the version my Nonna made when I was growing up. It's easy to put together with big garlic and herb flavour.

Using lean turkey breast scallopini allows you to cook

it quickly to enjoy right away or pack away for an awesome lunch tomorrow!

A simple Italian filling of garlic, parsley and cheese fills the turkey scallopini to add flavour to the pasta sauce and makes a homey winter meal.

The pasta sauce aroma filling the kitchen will have your family running to the table.

Be sure to have a chunk of Parmesan to sprinkle over top

of the pasta before serving.

Directions

1. Lay scallopini out on work surface. Sprinkle them with pepper and half of the salt.

2. Divide garlic, parsley and cheese between scallopini. Roll up each one and secure with a toothpick or kitchen string.

3. In a deep skillet, heat oil

over medium-high heat. Brown turkey rolls, remove to a plate.

4. Return skillet to medium heat and cook shallots, oregano and hot pepper flakes for 3 minutes or until softened. Add passata, parsley, basil and remaining salt; bring to a simmer. Add turkey rolls and any accumulated juices. Cover and simmer for about 15 minutes or until turkey is tender and no

longer pink inside.

5. Meanwhile, in pot of boiling salted water, cook pasta for about 8 minutes or until tender but firm. Drain well and return to pot.

6. Remove turkey rolls from sauce and pour sauce over pasta and toss to combine. Serve with rolls.

Double up on meat and skip bread for unique lunch

Here is an alternative to the typical sandwich — colourful veggie-protein rolls that are light, yet still substantial.

Modelled on a sushi roll, you simply swap out the rice for quinoa, and the fish for turkey.

This Turkey Quinoa Lunch Roll is formed with a double layer of sliced turkey breast, which ensures that it won't fall apart. Lean roast beef would perform the same task, if that's more your style.

1. In saucepan, bring broth to boil. Add quinoa, return to boil, cover and cook over medium heat until quinoa has absorbed broth, 12 minutes. Remove from heat, stir in lemon juice and olive oil, then fluff with

fork. Cover and let cool to room temperature before assembling the rolls.

2. On cutting board lay out 4 turkey slices. Top each one with second turkey slice to make double layer. Spread 2 teaspoons mayo on top of each double layer, then spread quarter of spinach on top of mayonnaise. Mound quarter of quinoa on top of spinach, spreading within 1/2 inch of edges.

3. Arrange several red pepper and carrot slices crosswise down middle of roll. Starting with the short side of each turkey stack, roll up turkey tightly to enclose the filling. Cut each roll crosswise into 4 rounds and

arrange the slices, cut sides up. **THE ASSOCIATED PRESS/SARA MOULTON**
AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

Ingredients

- 1/2 cup low-sodium chicken broth
- 1/4 cup quinoa
- 1 tbsp lemon juice
- 1 tbsp extra-virgin olive oil
- 8 deli slices (about 8 oz) fresh or smoked turkey
- 3 tbsp plus 2 tsp light mayo
- 1 cup (1/2 ounce) baby spinach
- 1/2 red bell pepper, cored and cut into 1/8-inch-thick strips
- 1 small carrot, cut into 1/8-inch-thick strips

BREAKFAST SPECIAL!

\$3.99

Monday to Friday • 6am to 9am ONLY

2 eggs; bacon, sausage or ham; homefries; toast; jam; and coffee

ASK FOR IT!
DINE IN ONLY, NO TAKE OUT

Spread the word!

2450 Lancaster Rd. 613-521-8889

A workplace wardrobe that's winning

Career. Nobody wants to be that person who arrives overdressed on their first day — or even worse, underdressed

LAUREN
MARINIGH
TalentEgg.ca

Starting at a new job always raises a lot of questions — one of the most questions being: “What on earth do I wear?”

Most of the time, the human resources manager can let you know the dress code in advance, but it might be hard to know which outfits in your closet fall under the target category.

What is the difference between business casual and business formal? What is too casual for work? Don't worry — we have the answers to your fashion woes below.

Casual

Step aside, Casual Fridays.

The casual dress code is getting more and more popular today. It's most prevalent in smaller companies, often with a younger demographic.

If your workplace has a casual dress code, the outfits already sitting in your closet will most likely suffice.

But while casual can mean comfort, there are still standards and restrictions for what you can and can't wear in this category. Pants or jeans without holes work well, as well as most shirts that cover the shoulders (no tank tops!). Be sure you have a few go-to pieces: relaxed button up-shirts or blouses



You don't necessarily have to be decked out in a suit in order to be considered a working professional. ISTOCK

are great choices.

There is a lot of freedom with casual dress codes, but make sure you are aware of the rules that are still outlined and don't push it.

Business Casual

This dress code is probably the most confusing to understand. How exactly do you combine business and casual, and how do you make sure you're neither over-

nor underdressed?

Business casual usually means that your employer wants a more laidback environment, but still want everyone to look professional and put together.

For bottoms, khakis, corduroy, or dress pants are usually what fall into business casual. Button-up collared shirts can be worn without a tie, and golf shirts are usually allowed in the warmer

months. For sweaters, make sure they fall under a cardigan category as opposed to casual.

The best part of business casual is there are probably a lot of clothes you currently own that you can dress up to be work appropriate.

A top that you may usually wear with jeans may look at lot dressier when worn with dress pants and a nice sweater.

Formal

Formal is the strictest dress code, and each workplace will enforce a different set of rules regarding it.

When it comes to a formal or professional dress code, think about what you would have worn for the interview.

This is often the case for an office environment that deals heavily with clients: It's very important to maintain a professional image at all times.

Best bets

1 Don't get too comfortable — steer clear of sweatpants, sweatshirts, and running shoes.

2 Avoid shirts that have inappropriate logos — small logos are fine, but make sure that any graphics on your clothing are not overwhelming.

3 Don't wear revealing clothing — low-cut tops, shorts, and mini-skirts all fall under the fashion faux-pas category.

4 Keep your shoulders covered — no tank tops or spaghetti straps. When in doubt, cover up with a sweater or jacket

5 Think about your shoes — avoid flip-flops or other open-toed shoes.

Some workplaces require you to wear a full suit, where other workplaces may say that dress pants or skirts and a collared dress shirt with tie are acceptable.

A button-up collared shirt is always a safe bet.

The most important thing before your first day of work is to ask your human resources manager to describe the dress code in detail.

Some workplaces may have different guidelines for a certain dress code, so it's better to err on the side of caution.

And when in doubt, it's always safer to dress a little more formally.

As you begin to work in the new workplace, you will start to get a better sense of appropriate attire from what everyone else is wearing.

PERSONAL SUPPORT WORKER



Program Objective

This 27 week program provides the theoretical knowledge and the practical skills required to enter the healthcare field as a Personal Support Worker.

Career Opportunities

Graduates will find employment within:

- Long-Term Care Facilities • Group Homes
- Hospitals • Retirement Homes/Residences
- Agencies providing Homecare Service

NIGHT
SCHOOL
AVAILABLE

CALL TODAY!

ALGONQUIN CAREERS ACADEMY

1830 Bank Street 613-722-7811 www.algonquinacademy.com

FRENCH CLASSES

NEW
SESSIONS
FEBRUARY
9 & 23

REGISTER NOW!

613.234.9470 • www.af.ca/ottawa

“IT BEGINS WITH
BONJOUR”

af

Alliance Française
Ottawa

PART-TIME • INTENSIVE • PRIVATE
SLE PREPARATION B & C
WORKSHOPS
APPROVED LANGUAGE TESTS...

There's an app for that professional predicament

There are some truly amazing applications out there that can simplify your work life and boost your productivity. If you're wondering which apps to try, give some of these a go — they can help you to stay organized, keep you on schedule and give you access to everything you need. And best of all, they're free!

RIANA TOPAN
TalentEgg.ca

For storing and sharing files

When you need to store or share particularly large files (think photos, videos, presentations and artwork), try Google Drive. Though you need a Google account to set up your own drive, you can upload and share files with anyone regardless of whether or not they have an account. You can set up folders to organize your documents and decide who you want to give access to. The app is especially helpful for working on group projects, since you can all work off of the same document simultaneously.



For emails

We all feel inundated by emails at one time or another. Mailbox is highly recommended by many for helping you to deal with emails easily. The app allows users to quickly swipe messages to move them into a different folder, and actually learns from your actions to automate your most common ones. Plus, you can hit the snooze button to temporarily dismiss emails that aren't very important in the moment. An email app like Mailbox can help you to quickly clean out your inbox, eliminating the anxiety that often accompanies a slow but steady rise in the number of new messages sitting in your inbox.



For scheduling

Cal, an app available on both iPhones and Android devices, is both fun and functional. It works as an agenda and event planner and will sync with an existing Any.DO task list. It will also remind you about friend's birthdays and looks nice to boot. Having a schedule with all of your events, meetings and deadlines in one place is extremely helpful for helping to you manage your time well. You'll start each day off with a fresh list of your scheduled activities, ensuring that you don't forget about an important appointment until the last minute.



For note taking

Evernote is one of the most popular apps out there for taking, organizing and sharing notes. Users like this free app because it allows you to jot down notes of any length, categorize them by topic, add photos and attachments and easily find notes you've already written. Plus, it syncs your work across all of your devices so you never have to worry about not having access to your files whenever you need them. If you're constantly jotting things down on scraps of paper and end up scrambling to find them, Evernote may be just what you need.



For work/life balance

All work and no play is never a good idea. A great app for ensuring that you're making time for important things outside of work is Balanced. This app allows you to pick which activities you want to prioritize and set reminders for how often you want to complete them (like exercising, seeing friends and working on hobbies). It's a useful tool for reminding you to be more mindful and motivating you to achieve your personal goals. Not only do apps like Balanced encourage you to take control of what's important to you, they also help you to become happier and more fulfilled.



FRENCH, ENGLISH as a SECOND LANGUAGE

PART TIME

12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (10 LEVELS)

April 14 to July 4, 2015

Evenings: 6 pm to 9 pm (10 Levels)

Saturdays: 9am to noon (7 Levels)

ENGLISH AS A SECOND LANGUAGE (6 LEVELS)

April 14 to July 4, 2015

Evenings: 6 pm to 9 pm (6 Levels)

NEW! Saturdays: 9 am to noon

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (6 LEVELS)

February 17 to March 13, 2015

Levels 1, 3 and 5: 9am to noon

Levels 2, 4 and 6: 12:30 to 3:30pm

March 23 to April 17, 2015

Levels 1, 3 and 5: 12:30 to 3:30pm

Levels 2, 4 and 6: 9am to noon

FEES: \$35.00

(Immigrants, new Canadians, Refugees whose language is not English.)



Éducation Permanente 181 Donald St., Ottawa
Tel. 613-741-2304 ext. 3; Fax 613-741-2191
www.educationpermanente.ca



**SPEAKING FRENCH IS EASY AND USEFUL;
LEARNING IT, IS FREE!**



For a better social inclusion and to improve your chances of finding a job!

The CLIC en ligne program offers immigrants online French language courses covering useful topics to facilitate your integration into the Canadian society.

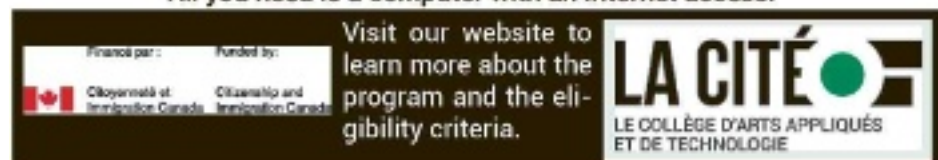
Learn French

- At your own pace;
- When you want;
- Where you want.

Contact information

www.clicenligne.ca
info@clicenligne.ca
613-742-2493, ext. 2115

All you need is a computer with an Internet access!





Senators see-saw season continues with 2-1 loss to Devils

Ottawa Senators centre Kyle Turris carries the puck as New Jersey Devils centre Jacob Josefson guards on Tuesday, in Newark, N.J. After beating the Coyotes 7-2 at home on Saturday, the Sens lost 2-1 to the New Jersey Devils in Newark, N.J. on Tuesday. Ottawa rookie Curtiz Lazar opened the score halfway through the second period, the Devils' Adam Henrique tied it two minutes later. Mike Cammalleri scored in the first five minutes of the third.

JULIO CORTEZ/THE ASSOCIATED PRESS

Wiedeman joins Fury 'to be a No. 9'

NASL. Ottawa coach confirms plan to use the former TFC striker as goal-man, fighting for the striker spot

After seeing just 90 minutes of MLS action last season with Toronto FC, Andrew Wiedeman understandably wanted more.

The 25-year-old forward should get his opportunity this year after signing with Ottawa Fury FC of the North American Soccer League, where he will be reunited with former Toronto full-back Ryan Richter.

"It'd be a nice change of pace hopefully to find some more consistent minutes, which is what I need," Wiedeman said from California.

For Ottawa coach Marc Dos Santos, the mobile five-foot-11 Wiedeman offers a different look than six-foot-



Andrew Wiedeman is looking for more play time in Ottawa than the 90 minutes he got with Toronto FC last season. LUCAS OLENIUK/TORONTO STAR

four target man Tom Heinemann, who played for the Vancouver Whitecaps and Columbus Crew prior to joining the Fury.

"We brought him to be a No. 9," Dos Santos said of Wiedeman. "In some occasions he might play with Heinemann but normally he and Heinemann are going to fight for that spot."

Dos Santos said his priority leading into Year 2 of the franchise was to add experience.

Drafted in the second round, 21st overall, by FC Dallas in the 2010 MLS Super-Draft, Wiedeman appeared in 44 regular-season games (17 starts) in five seasons with Dallas and Toronto. He had four goals and one assist.

Toronto lent Richter to Ottawa last season but declined his and Wiedeman's options at the end of the season.

Wiedeman said there was some interest from MLS clubs but nothing concrete and he did not want to end up in the same position as last season, "struggling to get minutes, buried on the depth chart."

He has no regrets about his time in Toronto, saying he still has a soft spot for the city.

But he acknowledges it's tough for strikers given the high-priced talent brought in to score goals.

"And that's not to say that that's the reason I didn't succeed there," he said. "There's also things in my hands that I could have done differently."

He visited Ottawa last year and took in a game at TD Place Stadium. "They're trying to play an attractive brand of soccer," he said.

THE CANADIAN PRESS

NFL

Juror dismissed in Hernandez trial

The judge overseeing the murder trial of former New England Patriots player Aaron Hernandez removed a juror Tuesday, saying there was evidence she had spoken about the case in previous years and had an early interest in being seated on the panel.

Bristol County Superior Court Judge Susan Garsh dismissed the juror after questioning her individually and closing the courtroom to hear evidence on the matter.

THE ASSOCIATED PRESS

Golf

Caddies sue PGA Tour over logos on their bibs

A group of PGA Tour caddies sued the PGA Tour in federal court Tuesday for making them wear bibs that have the logo of the tournament sponsors without sharing in what it estimates as \$50 million in endorsement revenue.

The class-action suit on behalf of 81 caddies was filed in San Francisco, where former UCLA basketball star Ed O'Bannon successfully sued the NCAA for keeping college players from selling their marketing rights. THE ASSOCIATED PRESS

NBA

Oden gets deal on battery charges

Former NBA No. 1 draft pick Greg Oden has struck a plea deal with prosecutors to settle battery charges involving a former girlfriend.

The Indianapolis Star reported Tuesday that Oden pleaded guilty in December to felony battery with moderate bodily injury while three other charges were dismissed. Oden was arrested in Lawrence, Indiana, last August after allegedly punching the woman in the face.

Court documents say a judge fined Oden \$200 and ordered him to complete 26 weeks of domestic violence counselling, alcohol counselling and 909 days of probation. A no-contact order also was put into place.

THE ASSOCIATED PRESS

Armstrong let girlfriend take fall for hit-and-run, police say



Aspen police cited Lance Armstrong with failing to report an accident and speeding. GETTY IMAGES FILE

Crime. Anna Hansen reportedly admits she lied to save cyclist from media scrutiny

Disgraced cyclist Lance Armstrong hit two parked cars after a night of partying in Aspen but agreed to let his longtime girlfriend take the blame to avoid national attention, police reports show.

Aspen police cited Armstrong with failing to report an accident and speeding weeks after the Dec. 28 accident, but only after his girlfriend, Anna Hansen, admitted to lying for him.

Armstrong declined immediate comment, and his attorney, Pamela Mackey, didn't immediately return a call.

Hansen initially told police she had been driving home

Punishment

Failure to report an accident is a misdemeanor punishable by up to 90 days in jail and a fine of between \$150 and \$300. Driving too fast for conditions is punishable by a fine between \$15 and \$100.

- Hansen is not charged with a crime.

the repairs.

"She said, 'I'm Anna, we're the Armstrongs, my husband's Lance, he was just driving maybe too fast around the corner or something,'" the man told police, according to the reports. He called 911 to report a hit-and-run. Hansen and Armstrong left the scene before police arrived.

Detectives later interviewed Hansen, who eventually told them Armstrong was driving, but they had both decided to let her take the blame.

"We've had our family name smeared over every paper in the world in the last couple of years and honestly, I've got teenagers, I just wanted to protect my family," Hansen told police. "I thought, gosh, Anna Hansen hit some cars, it's not going to show up in the papers, but Lance Armstrong hit some cars, it's going to be a national story." **THE ASSOCIATED PRESS**

CFL

Heenan trying his hand south of 49th

The Saskatchewan Roughriders released right guard Ben Heenan Monday so he could pursue interests south of the border.

The departure of the six-foot-four 310-pound Heenan, who was scheduled to become a CFL free agent Feb. 10, leaves a huge hole in Saskatchewan's offensive line.

Riders GM Brendan Taman expects the former University of Saskatchewan star to sign an NFL deal this week. **THE CANADIAN PRESS**

NFL

Sherman holding off on addressing injured elbow

Seattle Seahawks corner-back Richard Sherman will wait until after the birth of his son to make a decision on how to move forward with his injured left elbow, according to coach Pete Carroll.

Sherman was not in the Seahawks locker-room as players cleaned out their lockers Tuesday.

THE ASSOCIATED PRESS

FA Cup. Man United advances to fifth round

Manchester United overcame fourth-tier Cambridge in an FA Cup replay on Tuesday, winning 3-0 less than two weeks after a humbling 0-0 draw.

Juan Mata, Marcos Rojo and second-half substitute James Wilson scored to send United through to a fifth-round match at third-tier Preston.

"I think that is our greatest chance to win a title," United manager Louis van Gaal said of his team, which is third in the league and not in Europe.

Although Cambridge failed to match the "giant-killing" feats of Bradford and Middlesbrough, which knocked out Chelsea and Manchester City respectively in the fourth round, the visitors did have an early chance to score at Old Trafford.

After 50 seconds, Daley Blind slipped and somehow sent Tom Elliott through on goal. The striker, seemingly taken back by the scoring opportunity at Old Trafford, just about managed to maintain his balance and bent a shot past goalkeeper David de Gea with the instep of his right boot.

Luckily for the hosts there was not enough curl on the shot, which hit the outside of the post and bounced to safety.



Cambridge's Tom Elliott, left, and Chris Smalling of Manchester United compete for a header on Tuesday. ALEX LIVESEY/GETTY IMAGES

Nothing was really going for United and its fans became impatient. Cambridge fans were revelling in the fact that they were holding a team that sat 79 places above them in the league pyramid.

But their defence was finally breached in the 25th minute. Angel di Maria latched on to a clever pass from Paddy McNair and whipped a cross to the back post. Marouane Fellaini nodded the ball down to Mata and he stabbed the ball in off the bar.

THE ASSOCIATED PRESS

FEBRUARY
13-14-15
2015

*** DISCOUNT ***
REGISTER BEFORE
FEBRUARY 11, 2015!
** LIMITED PLACES **

www.gatineauloppet.com

Gatineau Loppet

PIERRE LAVOIE
PRESIDENT DU COMITÉ D'ORGANISATION / HONORARY PRESIDENT

THE BIGGEST CROSS-COUNTRY SKI EVENT IN CANADA

5, 15, 27 et 51* KM CLASSIC (SATURDAY)
*The 51 km classic course is back

2, 10, 27 ET 51 KM FREESTYLE (SUNDAY)

2.5, 5 et 10 KM SNOWSHOE RACES (SUNDAY)

Ville de Gatineau Québec SWIX

IT'S **EASY** TO
GET INTO A **FORD**



- GET UP TO **\$3,000*** IN REBATES ON
2014 **FOCUS MODELS**
OFFER EXCLUDES TAXES.



LEASE FOR THE EQUIVALENT OF **\$119** BI-WEEKLY

BASED ON A 48-MONTH LEASE: **\$259 @ 0.0% APR**

\$995 DOWN PAYMENT, OFFER EXCLUDES TAXES.

- CANADA'S
BEST-SELLING
COMPACT
SUV***

LEASE FOR THE EQUIVALENT OF

\$129

BI-WEEKLY

BASED ON A 48-MONTH LEASE:

\$280 @ 0.0%^{}**

APR

\$995 DOWN PAYMENT, OFFER EXCLUDES TAXES.

- REAR VIEW CAMERA
- 17" ALLOY SPARKLE SILVER WHEELS
- SYNC® VOICE-ACTIVATED COMMUNICATIONS AND ENTERTAINMENT SYSTEM™



Available in most
new Ford vehicles
with 6-month pre-paid
subscription

[illegible]

2015 Mazda3 Sport

- **Type.** Five-door, FWD, compact hatchback
- **Engines.** 2.0-litre I4 (215 hp), 2.5-litre I4 (184)
- **Transmissions.** Six-speed manual, six-speed automatic
- **Price.** \$17,690 base, \$30,490 as tested

Market position

The Mazda3 is a perennial top-five seller in Canada, and Mazda's top model. It is available in three trims (GX, GS, GT), and as sedan or hatchback. It is positioned as a better-looking compact-car alternative that is also more fun to drive.

- Includes Mazda's Sky-Active technologies for better fuel efficiency.

Points

- New-generation Mazda3 was introduced for 2014.
- Voted Best New Compact Car Under \$21,000 by the Automotive Journalists Association of Canada.
- A manual transmission can now be paired with the larger 2.5-litre engine.
- Attractive styling formed from Mazda's Kodo 'soul of motion' design language.



The swoopy design does infringe on the cargo area and rear seats.

Notable features

- The optional Technology package on the automatic GT includes i-ELOOP regenerative braking, Smart City brake support, auto-leveling headlights, and warning systems for lane departure, rear cross traffic and blind spots.
- The GT is also available with 18-inch alloy wheels, voice-activated navigation, and a heads-up display.

Fun, practical and gorgeous, too



PHOTOS: MIKE GOETZ

Review. Curvaceous new Mazda3 hatchback is almost as much fun to drive as it is to stand back and admire

MIKE GOETZ
drive@metronews.ca

Debuting in 2014, the striking new Mazda3 is a revelation: The hatchback version, known as the Mazda3 Sport, is just as beautiful as the sedan.

The compact hatchback has long delivered a lot of versatility, space and value for its size. Now, Mazda has demonstrated it can be beautiful, too.

The new Sport also offers a great handling package; a modern interior with a full suite of gizmos; and decent get-up-and-go and fuel efficiency.

For 2015, Mazda fixed the one item that irked faithful fans about the new model, or at least those who prefer sportiness and driver involvement. It finally made the six-speed manual transmission available with the larger and more grunty 184-hp 2.4-litre engine. Last year, manual was only available for the 2.0-litre base engine.

A six-speed manual GT (\$26,995) was our test model for the week. Add in the special Soul Red Mica paint job (\$300), the Luxury package (\$1,500) and \$1,695 for freight and delivery, and the total price was \$30,490.

Now you might be saying, "I could buy a midsize sedan for that much money," and you'd be right. But maybe a premium hatchback is exactly what you're looking for.

Although you can find hatchbacks with bigger power numbers, the quality of power delivery in the GT will keep you satisfied. The



The front seats are well sculpted for comfort, but may be a bit low for some drivers.

excellent throttle response is such that your right foot is always happy and in control, no matter what the conditions. And the six-speed manual and clutch are both smooth and lovely to manipulate.

The overall ride is on the firm side, and contributes to a bit of road noise coming into the cabin. But if you can live with that, the Mazda3

really rewards the driver — few mass-market compacts are this much fun to drive.

The console-mounted HMI Commander master control knob is Mazda's new way of helping you navigate everything on the display screen. Although it is intuitive, I don't think it's the ultimate solution.

But all automakers are struggling to keep their inter-

Compare



1 Ford Focus hatch
Base price: \$21,364
Fun to drive, cozier back seat.



2 Subaru Impreza hatch
Base price: \$22,490
Good all-rounder, and with all-wheel drive.



3 Hyundai Elantra GT
Base price: \$20,044
Impressive combination of style and technology.

faces easy to use while adding all the new stuff we need to interface with.

And, unfortunately, Mazda's best high-tech features — including i-ELOOP and the safety monitoring systems — are reserved for the automatic-transmission GT model and its exclusive Technology package (four grand more than our test car).

The front seats are well sculpted for comfort, but may sit a bit low for some drivers. The back seats are comfy, too, although the rear passengers and cargo area do feel the pinch of the swoopy new exterior design.

But the Mazda3 Sport GT manages to check almost every other box for adventurous drivers, and looks very good doing it.

5 DRIVE

Extolling the virtues of the X Factor

From Acura's much-anticipated NSX and Tesla's much-delayed Model X to Lincoln's booming MKX crossover and Jaguar's lustworthy XE sedan, the lowly letter X has suddenly become a major player in the world of automotive nomenclature

MIKE DOJC

drive@metronews.ca



Trends. Manufacturers discover the provocative attraction of the letter X

At the tail end of the alphabet, a mere breath away from the finish line, lurks the most alluring automotive letter of the moment.

X is evocative of immodest luxury, technological excess, exquisite upgrades, and a host of other neighbourly envy-stoking qualities.

BMW may have got the ball rolling with its X5 SUV in 1999 and its revolutionary xDrive system in 2003. Or maybe it was Nissan's Xterra SUV in 2000.

But for reasons defying explanation, the number of models with an X somewhere in their name has exploded over the past few years. Hey, Y not?

Extraordinary: Subaru X Mode

Body panels made of an indestructible alloy, like the one fused to Wolverine's skeleton that

sprout from the X-Man's knuckles when he means business, are a long way off. Ditto for cars able to bend weather to meet our whims, à la Wolverine's teammate Storm.

But vehicles are pack-

ing more superpower features lately.

Subaru Forester and Outback drivers can press the special X Mode button above the shifter to amp up AWD engagement and increase traction when confronted with gnarly conditions, such as a steep, unpaved snow-covered road.

And an early X adopter, BMW, dubbed its four-wheel-drive system xDrive 12 years ago.



A small button above the shifter in the Subaru Forester and Outback ramps up the all-wheel-drive system to improve traction. CONTRIBUTED

Exalted: Lincoln MKX

Luxury crossovers have long been infatuated with the letter X, often slipping one into a model's name for added cachet.

Consider the prescription to mid-sized SUV mundanity that is the Lexus RX, or the Cadillac Escalade's little brother, the SRX.

So you just know by the letter's presence that the Oakville-assembled Lincoln MKX has got it going on.

The 2016 model's 19-speaker Revel Ultima system with Quantum-Logic surround sound cocoons drivers in a rolling concert hall.



Lincoln's MKX luxury crossover features a 19-speaker surround-sound stereo system and a 360-degree view from outside the vehicle.

Another top-shelf feature is the 360-degree camera with a cross-traffic-peaking 180-degree split

view — taking all the ding worry out of manoeuvring a tight space in the grocery store parking lot.

Experimental: Acura NSX

In 1948, the sound-barrier-busting Bell X-1 was a sheer revelation.

The 2016 Acura NSX (an acronym for New Sports Experimental) has similar "leave 'em breathless" aspirations.

When Tony Stark climbed behind the wheel of the concept version of this Acura beauty in a brief scene at the end of the first Avengers



movie, any memory of the Audi R8 featured in the Iron Man movies faded away.

If this twin-turbo V6 gas-electric hybrid supercar (generating more than 550 hp) is good enough for Iron Man to drive, then it's certainly good enough to sit and look pretty in your driveway.

Extreme: Tesla X

SpaceX, Elon Musk's foray into the final frontier, is already the first private company to launch a spacecraft and have it return from orbit.

The company is now working on a reusable rocket, where after separating

from a spacecraft, the rocket's first stage will land on a floating drone platform.

X also marks the spot for Tesla, Musk's more grounded company. The oft-delayed Model X, featuring top-hinged folding falcon wing doors for easy step-in access, is set to begin deliveries at the end of the year.



Exhilarating: Jaguar XE

Ravenous automotive writers licked their chops when the come-hither headlights, expressive lines, and sleek contours of the athletic aluminum-bodied Jaguar XE were exposed at the Detroit auto show.

Jaguar's first compact sedan since the soft-selling X-Type is squarely aimed at the same car buyers lustfully eyeing



the BMW 3-series and the Audi A4.

It rocks a 3-litre supercharged V6 that generates 340 hp and can go 0-96 km/h in 4.9 seconds.

For sexier fuel economy, there will be an optional diesel version expected to deliver upwards of 5.9 L/100 km.

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers.
It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Some things can be explained purely by logic but what you have to deal with today will require you to use your intuition. The first explanation that pops into your head is likely to be the right one.

♉ Taurus

April 21 - May 21

You will take risks purely for the fun of it today. The good news is you will win nine times out of ten, and when you do lose it will only be a minor setback.

♊ Gemini

May 22 - June 21

You have done plenty of thinking and planning, now you must act. Don't be half-hearted about what needs to be done.

♋ Cancer

June 22 - July 23

Try things you would not normally attempt today. The results could be spectacular or spectacularly disappointing but that is a risk worth taking.

♌ Leo

July 24 - Aug. 23

The pressure will be on today but that's OK because no one handles it better than you. When the going gets tough the tough get going and one way or another you will go far over the next few days.

♍ Virgo

Aug. 24 - Sept. 23

You seem to be in two minds about what you should do. That is nothing unusual but today is different because you have to make a quick decision.

♎ Libra

Sept. 24 - Oct. 23

If you start something new today you must expect it to take up a lot more time and energy than you expected. It means you'll have less time and energy to waste on trivial things.

♏ Scorpio

Oct. 24 - Nov. 22

You may not want to do what a friend wants you to do today but if you are smart you will go along with their plans. A few days from now the roles will be reversed and you will be the one in need of support.

♐ Sagittarius

Nov. 23 - Dec. 21

Life is too short to worry about what other people think of you, so follow your desires come what may. You have played by the book far too often of late.

♑ Capricorn

Dec. 22 - Jan. 20

Do not allow yourself to get dragged into a dispute between friends or colleagues. Even if you get involved out of good intentions you are likely to make an enemy.

♒ Aquarius

Jan. 21 - Feb. 19

You are in a determined mood and anyone who thinks they are tough enough to take you on is making a big mistake.

♓ Pisces

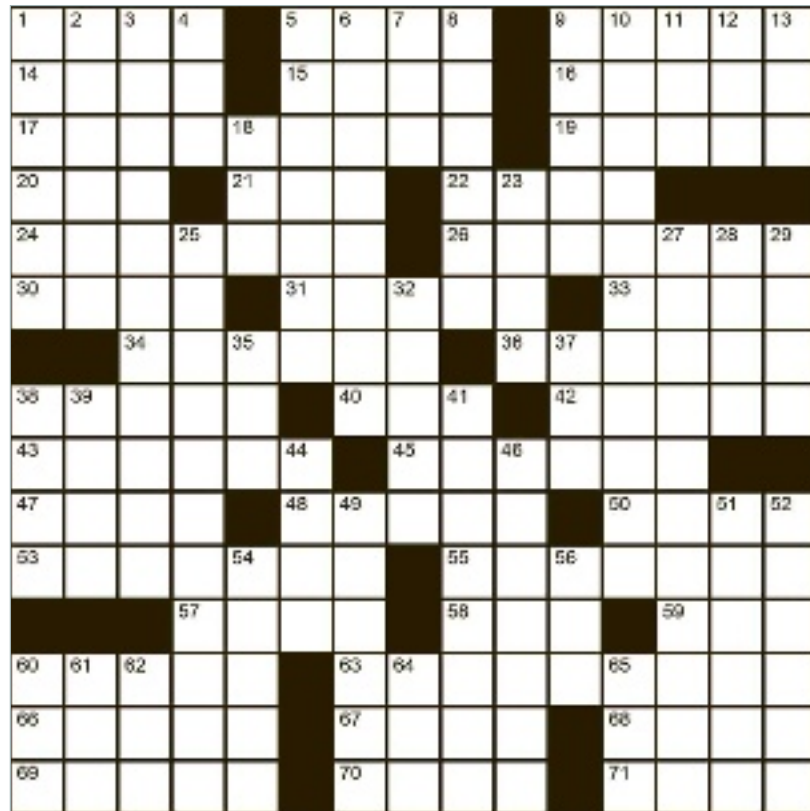
Feb. 20 - March 20

The only thing you're interested in now is the truth and you will do whatever it takes to get it. Maybe that is why certain people look so worried.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Puppy's fun move
5. Theatre award
9. Artificial sweetener brand
14. Miss
15. The ___ Shoe Museum, in Toronto
16. Director Sidney
17. Real life Montreal lunch counter in The Apprenticeship of Duddy Kravitz
19. Main meanings
20. ___ Young Band
21. Shoe width size
22. Manitoba: West-of-Winnipeg town
24. Stretches
26. Alberta town; or, British car
30. King ___ (Shakespeare tragedy)
31. Uncle ___ (Anton Chekhov play)
33. Non-meat-eater's org.
34. In a fine way
36. Atomic Number 16
38. Type of headscarf
40. 'Ether' suffix
42. ___-A (Skincare product)
43. Complainer
45. Canadian food retailer
47. Atkins = Low-___ diet
48. "___ it my all."
50. Commands to attack dogs
53. Posh cues game
55. Devoured: 2 wds.



57. "Are ___ longer a couple?" (What's our status?)
58. Traveller's wee way
59. Mop & ___ (Floor cleaner)
60. Sci-Fi weapon, ___ ray gun
63. Religious region

- in the South in the USA: 2 wds.
66. Cross with: 2 wds.
67. "...friend or ___?"
68. Rocker Mr. Michaels
69. Wheat ___ (Nabisco crackers)
70. Nobleman's negatives

71. "Woodstock" gr.
- Down**
1. Flourish: 2 wds.
2. One of The Dionne Quintuplets
3. The Snows of ___ (Ernest Hemingway story)
4. Summer: French

5. Closely watch
6. Pies and cookies event: 2 wds.
7. 'Human' suffix
8. Slip past: 2 wds.
9. Port ___, Ontario
10. Library request: 2 wds.
11. Speech-maker's stumbles

12. At the age of, in Latin [abbr.]
13. Some officers, briefly
18. Social pages word
23. Ms. Thompson's
25. Mayor of Winnipeg: 2 wds.
27. Some hockey forwards: 2 wds.
28. Lovely kit
29. Knitting supply
32. Antelope variety
35. UK honour [acronym]
37. Website
38. RCN ship designation
39. Mr. Gruffudd
41. "Turn Me Loose" Canadian band
44. Nothing: French
46. Fab Four
49. Josh of song
51. Canadian actor Sean
52. Uneven
54. Odes-creator John
56. Putter's peg
60. Intl. clock standard
61. Ooh and ___
62. Gladiator's 1501
64. "... ___ wood-chuck could..."
65. Cable channel, ___ Canada

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

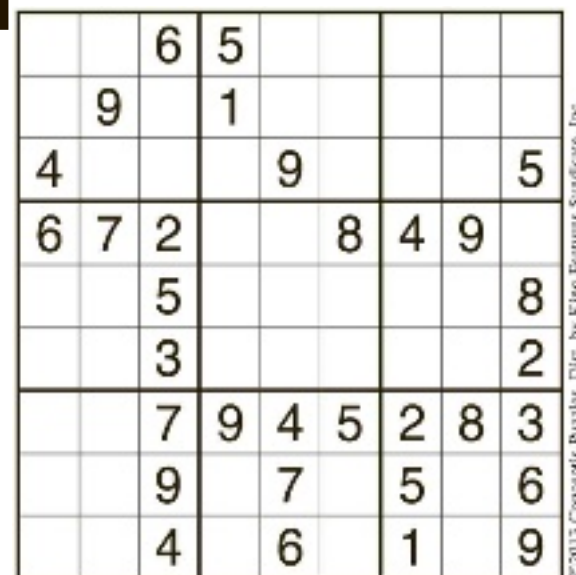


Conceptis Sudoku by Dave Green

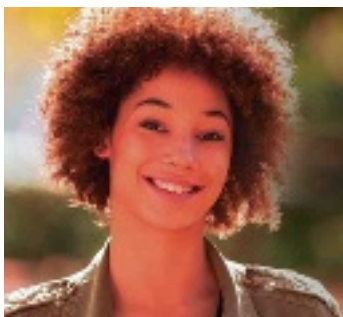
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



©2013 Concepts Puzzles, Inc. by Klieg Features Syndicate, Inc.



Everyone's entitled to YOUR opinion

Join the Metro News Online Reader Panel and provide feedback on recent stories, ads, new features and more.

- Answer short, online surveys
- Tell us how we're doing
- Every completed survey gives you a chance to win a \$25 gift card

Bonus: Sign up and join the panel by January 30, 2015 for a chance to win a \$50 gift card



Sign up at www.Metronews.ca/panel





FREE TRADE CELEBRATION EVENT



LOWER PRICES AND LOWER PAYMENTS

LAST CHANCE AT ADDITIONAL BONUS INCENTIVES DURING THIS HISTORIC CELEBRATION!

ENDS MARCH 2ND!



2014 Accent
"Highest Ranked Small Car in
Initial Quality in the U.S.*"



HWY: 6.3L/100 KM
CITY: 8.9L/100 KM*



GLS model shown*

2015 ACCENT 4DR L MANUAL

| SELLING PRICE: | DELIVERY & DESTINATION FEES: | ALL-IN CASH PURCHASE PRICE: | INCLUDES |
|----------------|------------------------------|-----------------------------|--|
| \$9,400 | \$1,595 | \$10,995[†] | \$4,182 IN FREE TRADE PRICE REDUCTION AND FREE TRADE BONUS [‡] |

INCLUDES A 60-MONTH LIMITED WARRANTY***!



2014 Elantra
"Highest Ranked Compact Car
in Initial Quality in the U.S.*"



HWY: 6.7L/100 KM
CITY: 9.7L/100 KM*



Limited model shown*

2015 ELANTRA L MANUAL

| SELLING PRICE: | DELIVERY & DESTINATION FEES: | ALL-IN CASH PURCHASE PRICE: | INCLUDES |
|-----------------|------------------------------|-----------------------------|--|
| \$10,900 | \$1,595 | \$12,495[†] | \$5,132 IN FREE TRADE PRICE REDUCTION AND FREE TRADE BONUS [‡] |

INCLUDES A 60-MONTH LIMITED WARRANTY***!



5-Star Overall
Crash Safety
Rating*



HWY: 9.8L/100 KM
CITY: 12.9L/100 KM*



Limited model shown*

2015 SANTA FE SPORT 2.4L FWD

| SELLING PRICE: | DELIVERY & DESTINATION FEES: | ALL-IN CASH PURCHASE PRICE: | INCLUDES |
|-----------------|------------------------------|-----------------------------|---|
| \$23,200 | \$1,795 | \$24,995[†] | \$3,832 IN FREE TRADE BONUS [‡] |

INCLUDES A 60-MONTH LIMITED WARRANTY***!



Limited model shown*

2015 TUCSON GL FWD

| SELLING PRICE: | DELIVERY & DESTINATION FEES: | ALL-IN CASH PURCHASE PRICE: | INCLUDES |
|-----------------|------------------------------|-----------------------------|---|
| \$18,235 | \$1,760 | \$19,995[†] | \$3,897 IN FREE TRADE BONUS [‡] |

INCLUDES A 60-MONTH LIMITED WARRANTY***!

Visit HyundaiCanada.com for details on our entire line-up!

Dealers may charge additional fees for administration of up to \$499. Charges may vary by Dealer.

**5 YEAR
WARRANTY**

5-year/100,000 km Comprehensive Limited Warranty**
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty



HYUNDAI
HyundaiCanada.com

NEW THINKING.
NEW POSSIBILITIES.®

©/™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Cash price of \$10,995/\$12,495/\$19,995/\$24,995 available on all new 2015 Accent 4-Door L Manual/Elantra Sedan L Manual/Tucson GL FWD/Santa Fe Sport 2.4L FWD models and includes price reductions of \$300/\$600/\$0/\$0. Prices include Delivery and Destination charges of \$1,595/\$1,595/\$1,760/\$1,795, fees, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. ‡Free trade bonuses are calculated against the vehicle's starting price. Free trade bonus of up to \$3,882/\$4,532/\$3,897/\$3,832 available on all new 2015 Accent 4-Door L Manual/Elantra L Manual/Tucson GL FWD/Santa Fe Sport 2.4L FWD models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ♦Prices of models shown: 2015 Accent GLS Auto/Elantra Limited/Tucson Limited AWD Santa Fe Sport Limited AWD are \$20,930/\$26,930/\$35,895/\$41,580. Prices include Delivery and Destination charges of \$1,595/\$1,595/\$1,760/\$1,795, levies and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. ▼Fuel consumption for new 2015 Accent GLS (HWY 6.3L/100KM; City 8.9L/100KM); 2015 Elantra Limited (HWY 6.7L/100KM; City 9.7L/100KM); 2015 Tucson Limited AWD (HWY 9.3L/100KM; City 11.6L/100KM); 2015 Santa Fe Sport Limited AWD (HWY 9.8L/100KM; City 12.9L/100KM); are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ΔThe Hyundai Accent/Elantra received the lowest number of problems per 100 vehicles among small/compact cars in the proprietary J.D. Power 2014 Initial Quality Study™ (IQS). Study based on responses from 86,118 new-vehicle owners, measuring 239 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2014. Your experiences may vary. Visit jdpower.com. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). †††Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.